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THE PORTUGAL News

Portugal's **National** Newspaper in English

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P. 33

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State-of-the-art hospital opens

The new private hospital in Faro is promising to change the way Algarve medical care is perceived both nationally and abroad. (See Page 2)

Sick leave soaring

The number of people asking for leave from work to tend to a family member has almost doubled in the past year. It is believed this may be being caused by parents taking time off to look after their children, as well as companies placing an increasing amount of pressure on employees to not take time off. (See Page 3)

Beja Airport 'certified'

As Beja Airport nears completion formal licensing procedures on the infra-structure are being carried out, though no official inauguration date has, as yet, been confirmed. (See Page 7)

Portugal 8% budget deficit estimate

The Government will use the European Commission's estimate of an eight percent budget deficit for 2009 as a "reference value" for state accounts and make reducing this fiscal shortfall a priority from 2011, Finance Minister Teixeira dos Santos said. (See Page 9)

Benfica out of Portuguese Cup

Benfica were the shock losers of the Portuguese Cup last weekend as Vitória de Guimarães managed to beat them by a single goal. (See Page 56)

Weekend weather

Lisbon: The Portuguese capital will experience very unstable weather this weekend, with rain forecast for late Saturday and Sunday, accompanied by very strong winds. **Faro:** The Algarve will be cloudy for most of the weekend with scattered showers expected on Saturday and the early hours of Sunday. **Oporto:** The north will register heavy rain this weekend, with 12mm expected fall in a couple of hours on Sunday morning.

Upcoming holidays in Portugal

Dec 1st & 8th. Some shops and offices may be closed.

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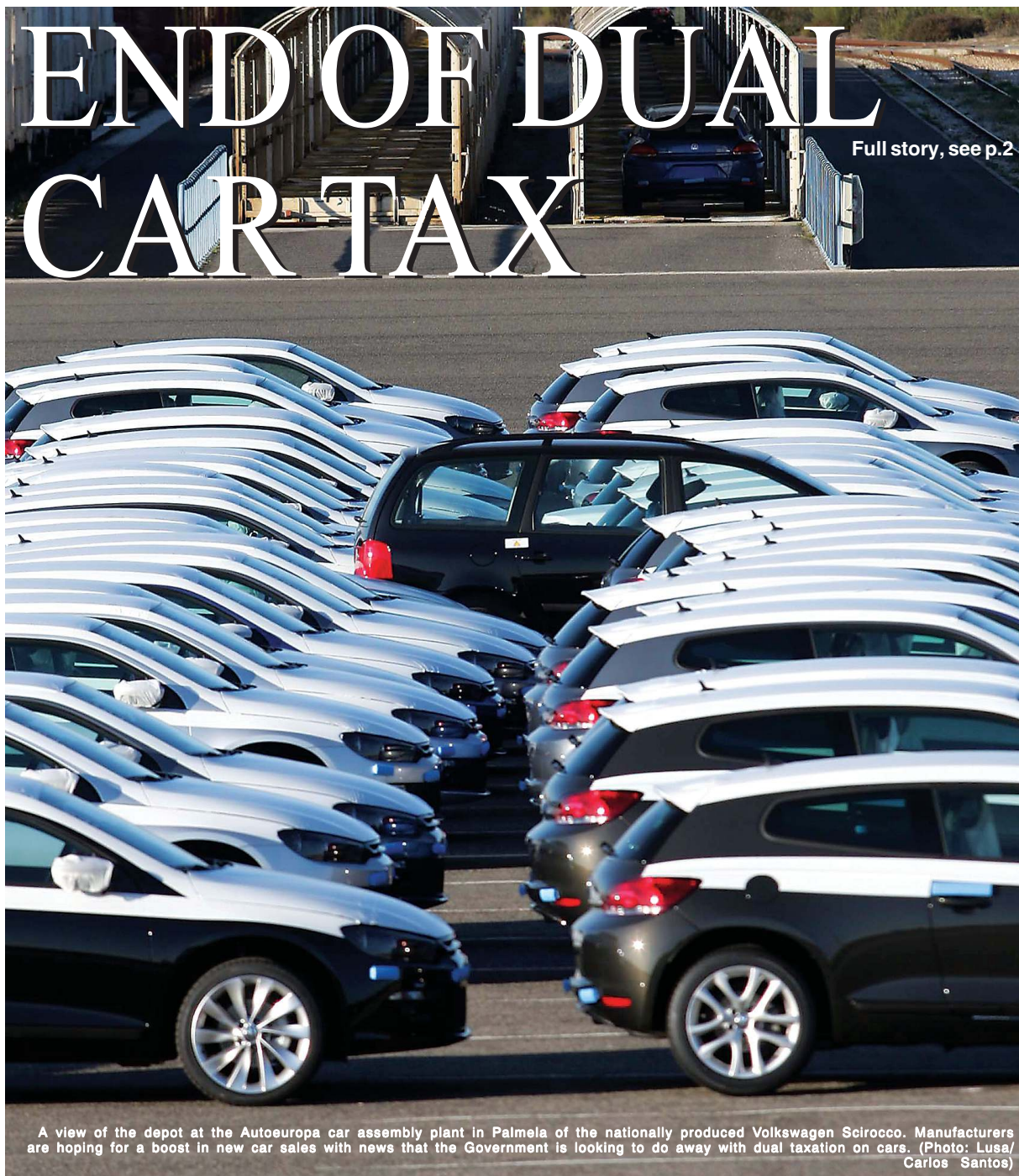
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Finance Minister pledges to end double taxation of new cars in 2010



A view of the depot at the Autoeuropa car assembly plant in Palmela of the nationally produced Volkswagen Scirocco. Manufacturers are hoping for a boost in new car sales with news that the Government is looking to do away with dual taxation on cars. (Photo: Lusa/Carlos Santos)

THE PORTUGAL
News



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Algarve welcomes state-of-the-art hospital



The way healthcare in the Algarve is perceived has secured a radical change with the opening of a hospital in Faro which is more a synthesis of a luxury hotel and unrivalled technology than just a mere medical facility.

A maternity section with suites that even five-star hotels will find hard to compete with, an eight-bed intensive care unit and an operating block with nine surgery halls and the most up to date technology are but some of the features 'visitors' will find at the new private hospital.

In line with its policy of luxury medical care, the hospital has employed a chef whose previous employers were the Sheraton hotel in Albufeira, whose task it will now be to prepare patients' meals.

Coming at a cost of 35 million euros, the flagship Hospital Particular do Algarve in Faro has undoubtedly served to lift the standard of healthcare in southern Portugal.

A total of 125 doctors will be on call at the hospital, located only a couple of kilometres from Faro International Airport, with medical staff from the Algarve, Lisbon, Britain, Germany and Holland, the president of the hospital administration, Dr. João Bacalhau, told a press conference on Wednesday.

One of the key features of the new hospital is the eight-bed intensive care unit and will undoubtedly save many lives, as currently, all the hospitals in the Algarve put together only have 14 beds.

"This hospital will fill in the



A view of the state-of-the-art operating theatre at the new and luxurious private hospital in Faro which will open to the public next week. (Photo: The Portugal News)

shortcomings currently experienced by the National Health Service both in the Algarve and other areas south of Lisbon", Dr Paulo Sousa, clinical director, told reporters.

He later told *The Portugal News* that the hospital is already talking to doctors in Britain in a bid to bring them and their patients to the Algarve where they will be able to receive treatment at a lower cost and in a better environment, with the close prox-

imity to Faro Airport being key for the hospital as it seeks to encourage a new facet of so-called 'health tourism'.

This new venue falls in line with existing projects at the group's hospital in Alvor, where it is now in the process of expanding its existing facility.

The Alvor hospital will be complemented by a health hotel called 'Hotel Salus', which will be built alongside a new therapy and assisted residential unit in ad-

dition to the enlargement of the hospital to about double its current size.

These projects in Portimão will cover almost 20,000 square metres and will come at a cost of €56 million, creating 475 new jobs, adding to the 390 created by the opening of the Faro unit.

The Faro hospital is the group's third unit, having opening its first venue in Alvor in 1996 and another in Portimão last year.

End of dual car tax



Automobile associations and car manufacturers were this week united in applauding a proposed move by the Ministry of Finance to end dual taxation on new vehicles in Portugal. However, the intention by the Government to abolish charging VAT on car taxes has been greeted by scepticism in certain quarters, with observers suggesting the cash-strapped state will only be forced to push up other taxes in order to ensure their coffers are not depleted further than they are now.

Minister of Finance Teixeira dos Santos has set the cat among the pigeons after making a pledge to cut taxes at a time when the current budget deficit is nearing record levels.

Currently, the state charges a car tax known as ISV on the base price of a new vehicle, which is followed by the charging of VAT on the initial tax, a practice deemed illegal by the EU.

Speaking last week to *Vida Económica*, he said that the "Government is going to abolish the dual taxation of VAT on ISV in the buying, cross-border purchase and the importation of cars that take place on national territory".

But following these statements, the Ministry of Finance said this week that while the Minister had "mentioned this in Parliament", the actual abolition of dual car taxation "is still in need of further evaluation which is currently taking place while the state budget for next year is being compiled".

According to recent studies,

taxes on new cars in Portugal are the third highest in the 27 member-state European Union, behind Denmark and Malta.

It is calculated that the cost of an average vehicle is inflated by around 60 percent due to taxes.

In the meantime, sceptics and cynics believe that the Minister will keep to his word and abolish the tax, as it is in contravention of EU legislation and Portugal has already lost a case in the European courts regarding the matter, but have said existing car tax will be inflated in order to balance the books for the Government, which remains highly reliant on taxes obtained from the sale of cars.

In late 2007, Portugal was given two months to comply with EU legislation and revoke tax being charged on tax.

Calculations show that cars in Portugal are up to seven percent more expensive due to the misapplication of VAT by the state.

At the time a number of fis-

cal experts said they would recommend consumers seek to retrieve unduly made VAT payments on the purchase of cars.

The EC had found registration tax should not be included in the taxable amount of VAT.

Portugal includes the amount of its car tax within the taxable amount of VAT, which the EC says constitutes a tax of a tax.

The EC bases its findings on a ruling by the European Court of Justice against Denmark for a similar offence.

The Court ruled that, in the context of a contract of sale, providing that the dealer supplies a vehicle registered for a price which includes the registration tax he paid before supplying the vehicle, the amount of that duty must not be included within the taxable amount of the VAT charged on the sale of the vehicle.

This is because, firstly, the registration tax (RT) is charged by reason of the registration of the vehicle and not by reason of the supply and, secondly, be-

cause the RT is paid by the supplier of the vehicle on account of the purchaser.

The Commission explains that the car taxes levied in Portugal, despite some minor differences, are basically identical to the Danish car tax system examined by the Court. Thus, all of them are one-off taxes which are payable on the acquisition of the motor vehicle, or as a condition for bringing it into use in the territory of the member state concerned.

A former state secretary for fiscal affairs said that taxpayers "will have a legitimate right to question the charging of VAT on car taxes in court".

Another tax expert, Diogo Ortigão, in comments to the press at the time, explained that "consumers will have a legal right to claim back VAT", a situation which could leave the taxman's coffers in a desperate state, unless the Government finds new ways to recuperate these projected losses of fiscal revenue.

Santas given Swine Flu instructions



Father Christmases around the country who are taking part in festive entertainment and come into contact with large numbers of children have been given instructions on how to prevent the spreading of the A H1N1 flu virus.

Santas working in shopping centres belonging to the Sonae Sierra group have been given orders to change their gloves and wash the hands regularly.

At present only the Colombo Shopping Mall in Benfica has a working Santa, but more Father Christmases are on their way to the Vasco da Gama shopping centre, Cascais Shopping, Norte Shopping, Gaia Shopping and the Algarve Shopping Centre, Guia.

A Sonae Sierra spokesperson

said "They will avoid giving kisses has been done in the past. Father Christmas will have next to him disinfectant gel for his hands and will swap his gloves regularly. He will also have disinfectant gel in his dressing room".

Multi Mall, managers of Forum Almada, Forum Barreiro and Forum Algarve also confirmed that their Santas would be subjected to the company's A H1N1 flu contingency plan.



A medical assistant prepares a syringe filled with A H1N1 Swine Flu vaccine to inoculate a man dressed as Santa Claus as his 'devil helpers' look on at the House of Santa Claus in Kossuth square in Budapest, Hungary on 25 November. The vaccination is being performed in order to protect against the flu epidemic prevailing in Hungary. Formerly, Head of National Public Health Office of Hungary Mr. Ferenc Falus (unseen) advised against Santa Claus events throughout Hungary. (Photo: Lusa / Zsolt Szigetvary)

Swine Flu deaths rise to sixteen

Health Minister Ana Jorge this week confirmed that so far 16 people have died from the A H1N1 flu virus, amongst whom was a pregnant woman, and that death tolls are no longer updated on a daily basis as "informing the families is enough".

Speaking just before the Pfizer awards ceremony, held in Lisbon's Faculty of Medicine earlier this week, Minister Jorge told the press "We have 16 deaths registered from A H1N1 flu. In none of the cases was the flu the reason of death, but the person also had it".

The Health Minister took the opportunity to reaffirm the safety of the recently-introduced vaccine, addressing the deaths of two foetuses shortly after the mothers had been administered the injection.

"Investigations carried out by the European Agency for Medicines (EMA) confirmed there was no direct relation between the foetal deaths and the vaccine.

"We need pregnant women to be vaccinated, because we do not want more pregnant people to die. They comprise a high-risk group and we have already had one death", she stressed.

Minister Jorge continued "There are more women who have had their babies and are in intensive care, their lives are at risk and the vaccine is effective in preventing these types of situations".

She further explained the reasons as to why the Ministry for

Health has stopped informing the population on a daily basis of the number of deaths in Portugal relating to Swine Flu.

"It no longer makes sense that all deaths are reported. Every day ill people die in hospital with other pathologies, and we don't tell the nation. Informing the families is enough".

The EMA has closed its investigations into the possible link between the A H1N1 flu virus vaccine and deaths of foetuses after the recent deaths of two unborn babies in Portugal. It was considered 'unlikely' that the vaccination caused the death of the foetuses.

The second foetus to die after its 29-year-old mother was injected with the anti-viral drug was being autopsied this week in Portalegre. Family members reportedly said the 39-week foetus died after being strangled by the umbilical cord.

A third similar case is believed to have occurred at Leiria's Santo André Hospital, though is unconfirmed.

Meanwhile, endorsing the vaccination, President of the Portuguese Republic Cavaco Silva was administered the A H1N1 flu vaccine on Tuesday this week. The Portuguese President is considered a priority by Health Authorities and was included in Group A, which comprises, amongst others, pregnant women in their second and third terms, and members of the sovereignty.

Sick leave soaring



The number of people asking for leave from work to tend to a family member has almost doubled in the past year, according to the Ministry for Labour and Welfare, who have said it maybe being caused by parents taking time off to look after their children as well as companies placing an increasing amount of pressure on employees to not take time off.

A main contributing factor to the growing number of adults taking leave is, according to Parents' Associations, the increasing number of children being sent home from school with flu-like viruses.

With companies placing more and more pressure on employees to take as little time off as possible, they in turn are being forced to submit legal leave time to tend to their families.

Between January and October this year, 21,397 workers took short-term leave to provide assistance to a sick, direct family member, a worker's legal right. The figure has almost doubled over the past 12 months.

"Family Assistance" leave is

valid for one week maximum, a period stipulated by schools for children to be absent because of the A H1N1 flu virus.

The number of employees submitting 'sick leave' has also risen by 14 percent in comparison to last year's figures. By October this year 554,000 people had been absent from their jobs due to illness.

Despite the Ministry for Labour and Welfare refusing to disclose monthly figures, and only releasing an annual total, several family and parent associations have confirmed the rises are being caused by the number of parents needing to stay home with their children who have been sent home from

school with Swine Flu.

Fernando Castro, President of the Large Family Association, confirmed "We know that schools are sending children home suspecting they have flu".

Meanwhile, Parents Associations have pledged to insist sick children are schooled at home while on leave with lessons via the internet.

A proposal for 'telework' (schoolwork over the internet) devised by publishers Porto Editora, has already been put forward to the Ministry for Education by Albino Almeida, head of the National Confederation for Parents' Associations (CONFAP).

"The best case scenario offered by the World Health Organisation is that 30 percent of the population will be affected by the A H1N1 flu virus. There are 1.5 million students in our system which means 450,000 will get the flu, as well as teachers and helpers. And that is the best case scenario", he said.

Should these figures be reached, Albino Almeida believes the Ministry for Education should purchase the proposed internet-schooling system, so teachers can continue to give lessons from a distance.

"We will wait until the end of the first term and see what happens and then decide what to do", he said.

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Portuguese Navy thwarts Somali pirate attack on cargo ship



Portuguese marines from the Portuguese frigate Corte-Real with captured pirates from a 'Skiff' at sea on 22 June. The Corte-Real stopped a pirate attack on a merchant ship, after responding to a request for help by the vessel Maersk Phoenix, Singapore. (Photo: EPA/João Pedro Fonseca)



Portuguese Navy frigate Alvares Cabral, leading a NATO anti-piracy mission off the Somali coast, has prevented an attack on a cargo ship, military sources said.

A NATO statement said the Portuguese warship responded to a request for assistance from the unidentified cargo vessel that was being chased by a pirate launch about 100 nautical miles north of the port of Boosaaso.

A Spanish maritime patrol aircraft and helicopter from the Alvares Cabral joined the operation and the pirate boat was boarded at around 11.20 local time by Portuguese Marines.

Aircrew in the Portuguese Navy helicopter reported seeing weapons and other equipment thrown overboard by the pirates as the Marines neared, added the NATO statement.

The pirates were identified by the Portuguese boarding party then released and the Alvares Cabral returned to its routine patrol in the Gulf of Aden, Lis-

bon military sources said.

Portugal took command of NATO's Ocean Shield mission November 9 and leads it until January 25, 2010.

In a related story, Navy Captain Gonçalves Alexandre received an award on Monday for "exceptional bravery at sea" in London in the name of the crew of the Portuguese frigate Corte-Real for services rendered in NATO's fight against piracy off Somalia.

The honour is bestowed by the United Nations' International Maritime Organisation (IMO).

The Corte-Real's 192-member crew helped stave off several pirate attacks and aided international shipping off Somalia as part of the NATO fleet, currently under Portuguese command, last summer.

TPN/Lusa

Women still being killed through domestic violence

Since the beginning of this year 26 women have lost their lives through domestic violence and a further 43 were the victims of attempted murder, according to the Observatory for Murdered Women (UMAR).

The majority of women who died because of violence this year were killed by their husbands, partners, and boyfriends. Sixty-four percent were killed by current partners, while 36 percent were murdered by ex-partners, following divorces or separations.

Fifty two percent of the attempted murders were committed by partners with whom the victim still had some degree of intimacy.

Of the 43 attempted murder victims, 23 were left wounded.

Of the data gathered last year, there was no indication of the murders being committed by a

different relative, like a father or a son, as opposed to what has been found in other years. However, 20 percent of the attempted murders were carried out by fathers, sons, and five percent by other relatives, like a cousin or uncle.

These statistics were released on the eve of International Day for the Eradication of Violence towards Women, which took place on Wednesday, November 25th. It was confirmed that 2008 saw the highest number of women murdered in a domestic situation since 2004.

More than half of all domestic violence assailants (52 percent)

were aged between 36 and 50, as were the majority (also 52 percent) of victims.

Meanwhile, more recently, five women were murdered in 10 days by their partners, one of whom was killed with a shotgun despite warning police she had been receiving death threats.

On Monday this week 46-year-old Alice Duarte was shot by her ex-partner in the cake shop where she worked in the centre of Santarém.

The murderer, António S. was later reported as having said "That's it. I had to make justice with my own hands".

Alice had finished her relation-

ship with António S. one month prior to the incident, following a two-month involvement. After the break-up she was bombarded with unwanted phone calls asking for a reconciliation. When Alice refused his requests, she received death-threats, of which the police were informed. António S. was also placed under police custody after a botched suicide attempt when he shot himself in the arm.

So far this year 25 women have died at the hands of a partner or ex-lover, fewer than last year, but still a number that worries the UMAR.



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Building drops by half



The number of homes being built in Portugal this year has taken a nose-dive to almost half the amount in comparison to last year.

During the first seven months of this year, planning permission was granted for 15,658 new residential homes, a 49 percent drop in relation to the same period in 2008.

The same was experienced in the real estate sector, where overall sales are estimated to have dropped in the region of ten percent.

Professionals from the property sector are highlighting ever-more restrictive loan procedures as the main cause for losses in the sector.

Luis Lima, President of the Real Estate Companies and Professionals Association (APEMIP) said "properties of medium and low range are not being sold. No one is lending money. All you have to do is take a trip around Oporto and Lisbon to see that".

It seems the only exceptions are properties in the luxury category, where minimum prices range between €150,000 for a one bedroom and €400,000 for a four bedroom house (depending on location).

"In that segment there is never a crisis", Luis Lima quipped.

On the other hand, the demand for rental properties is on the up. During the first seven months of this year it was almost double the demand of the same period in 2008.

Meanwhile, while property sales are dropping, the same is not reflected in prices, which continue to be over-valued.

Lima explained "What we have noticed is that in cases where properties were over-priced, the prices were brought down to more reasonable levels".

He added that in certain situations "the properties were only being sold in the proprietors' heads as the prices were so unreal".

Nonetheless, "Lowering the price of a property does not mean that it will sell. Houses are not being sold because there isn't the market for them", Luis Lima reasoned, urging people looking to sell their properties to "wait until the crisis is over".



A worker at a construction site on 19 October. (Photo: EPA/Nati Shohat)

Foreign trio raid string of luxury hotels



A gang made up of three French-Algerian criminals was caught and detained by the GNR, suspected of having robbed some 30 four and five-star hotels and numerous luxury private properties across the Algarve.

According to reports, the suspects pretended they were tourists and always carried out their crimes in the afternoon.

A mega-operation carried out by the GNR at around 02h00 on Monday morning this week, which targeted an apartment in Montecarlo, Albufeira, led to the arrest of the gang.

So far, the organized criminals are believed to have carried out robberies in the Real Santa Eulália, Bela Vista, Cerro Alagoa and Alfagar Hotels (Albufeira), the Pestana Alvor Praia, Alvor (Portimão) and the Vilamoura Hilton Hotel, Vilamoura, amongst many others.

Many tourist units have now conceded they will reinforce their security by recruiting from companies in that sector.

One hotelier said "Even at this time of year, when tourism is weak, it is necessary to take precautions to calm clients. We need safer hotels and tourist resorts, with more people keeping an eye on them".

Such investment would mean private security companies will have to contract more staff.

Aged 26, 41 and 45, the three criminals were taken to court this week and remain in police custody.

According to authorities, the suspects were preparing to leave the country and did not offer resistance. Along with their arrests police seized €33,000, six mobile phones, 11 luxury watches, 86 items made of gold, 29 silver collectors' coins, weighing scales, fake ID documents, and an electric weapon.

One of the men was Algerian, while the other two were born in France of Algerian parents.

As part of their modus operandi they would stake out hotels posing as tourists, carry out their crimes in broad daylight, and continually swap their vehicles to avoid being recognized. All of the vehicles used in the crimes were hired.

A police source described the trio as being "prudent and very careful" in the way they operated, and said that they could, in 15 to 20 minutes, "be in one hotel and carry out robberies on four or five different rooms".

Humility best stance towards Earth, says President

Humanity should adopt a stance of "humility" before the natural mysteries of the world, Portuguese President Cavaco Silva has said in a message to the Planet Earth Lisbon 2009 conference.

"We are not the owners of the Earth. We are only its transitory guests", the President said in a videotaped message, noting that "the good and bad" done to the planet carry a cost to "ourselves and our descendants".

"There is only one Earth and nothing is more irreplaceable than the fragile balances on which life on the blue planet is based", Cavaco Silva said.

The three-day conference in Lisbon was the last major event in the programme of the International Year of Planet Earth.

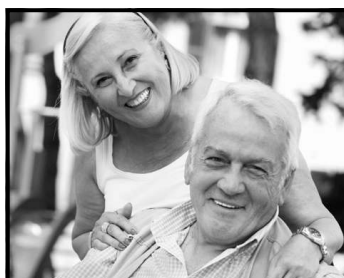
TPN/Lusa

Reportedly, they used tools carried in a bum-bag to open hotel room doors and while one kept a look-out in the corridor for tourists or hotel employees, the other two would sweep the room.

They also carried out various robberies on luxury villas across the Algarve after studying the resident's routines and movements.

The trio's latest residential theft saw the property's owner lose €20,000 in cash that was being kept in his home, revenue from his business.

After carrying out crimes in the Algarve the assailants would regularly travel to Spain and Lisbon. Authorities do not know if crimes were committed in these areas by the trio, nor were there indications of the three being associated to terrorist organizations or financing international illegal networks.



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EU fills new top jobs



European leaders last week selected Belgian premier Herman Van Rompuy to be the EU's first permanent president. EU trade commissioner Catherine Ashton from the UK lands the foreign policy spot.



Belgian Prime Minister Herman Van Rompuy during a press conference as he was chosen to be first-ever European Union President to represent the 27 countries of the European Union, during the informal meeting of heads of state and government, Thursday 19 November 2009, at the EU headquarters in Brussels. (Photo: EPA/Dirk Waem)

After what the European Commission termed as "nail-biting negotiations" at a Council meeting headed for the history books, the decision on Belgian prime minister Herman Van Rompuy and commissioner Ashton was unanimous.

EC President Durão Barroso congratulated the two. "I think it will be impossible to have a better choice than those personalities for the European Union leadership."

A Christian-Democrat politician and economist by training, Mr Van Rompuy, 62, has served as Belgium's premier for nearly a year. Many credit him with bringing stability to the country during tensions between the French and Flemish-speaking communities.

"I have not sought this high position. I have intervened in no way. But from tonight, I will take it up with conviction," he said.

In an agreement with the European Commission, the Council appointed Catherine Ashton, 53, to be the EU's high representative for foreign affairs and security policy.

A member of the UK Labour Party, she will also serve as a vice-president of the next commission now being formed.

The two posts were created by the recently approved Lisbon

Treaty, which aims to enhance the EU's role in world affairs and streamline its decision-making.

The new president will serve for 2½ years. The position will replace the rotating presidency under which one member country chairs major EU meetings for six months.

Van Rompuy's core responsibilities will include chairing Council meetings and representing EU leaders on the global stage. He will also represent the Council in relations with other EU institutions.

Catherine Ashton will have the authority to propose defence and security measures. She will also be tasked with setting up a network of diplomats around the world to support the new office.

She said she was surprised by her nomination, which must still be confirmed by parliament. "I am very honoured and proud to have been asked to take on this role."

"I will make sure I represent our values across the world."

The post of high representative merges two existing portfolios: high-representative for common foreign and security policy and commissioner for external relations.

The selections become official with the entry into force of the Lisbon Treaty on 1 December.

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Bloc to celebrate start of Lisbon Treaty in Portuguese capital

The European Union will mark the formal implementation on December 1 of the bloc's reform Lisbon Treaty with a celebration in the Portuguese capital, Prime Minister José Sócrates has announced.

Prime Minister Sócrates, speaking to journalists in Brussels, last Thursday night, said the festivities would be attended, among others, by the newly selected President of the European Council,

Belgium's

Herman Van Rompuy, and top diplomat, Catherine Ashton of Great Britain.

José Sócrates said the celebration would take place around Lisbon's historic Belém Tower on the banks of the Tagus River.

The reform charter takes its name from the fact the treaty was approved in Lisbon in December, 2007, during Portugal's rotating exercise of the EU presidency.

TPN/Lusa

EIB has lent €3.5bn to Portugal this year

The European Investment Bank has already loaned €3.5 million to Portugal this year in a year-on increase of around 40 percent, a senior EIB official was reported as saying by the Lusa News Agency earlier this week.

EIB vice-president Carlos Costa told Lusa that credits to Portugal from the European Union's long-term lending institution in 2009 are double the amount for 2007. Costa was speaking at the signing of €300 million loan accords with Portugal's motorway operator to fund building, maintenance and modernisation of secondary roads.

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Beja Airport certified

As Beja Airport nears completion, formal licensing procedures on the infra-structure are being carried out, though no official inauguration date has, as yet, been confirmed.

Even though it has suffered delays, Beja Airport is now "nearly completed", José Queiroz, head of the Beja Airport Development Company (EDAB) has told the Lusa News Agency.

He explained, "The work is almost complete, there are just a few finishing touches left to do".

Though he refrained from giving a specific date for the airport's opening, he added "Soon inspections will begin and, if everything is in order, a provisional working permit will be issued".

José Queiroz had earlier this year predicted that all building works on the airport would be finished by the "end of October".

In mid-October this year, in an exclusive interview with **The Portugal News**, José Queiroz confirmed initial hopes that Beja airport would open this year had been dashed after a series of "planned delays" and its predicted opening date was now 2010.

He reiterated the airport would open "sometime next year", saying "I don't know exactly when, as it hasn't been discussed, but it will preferably be during the first three months of next year".

"I don't think it is necessary to look beyond that deadline".

At a cost of €33 million, the future International Beja Airport was adapted from the conversion of a former German military base, Air Base 11 (BA11).

Works pertaining to a second phase of development, the phase that is currently in completion, began in September 2008, ten months later than expected due to an irregularity in the public tender.

Phase two, which includes the construction of passenger, cargo and service terminals, was expected to take six and a half months from start to finish. It has, however, been over a year since it kicked off.

According to Rui Oliveira, Press Officer for national airport management company ANA, which has been assigned management of Beja Airport, "the necessary actions" have been "programmed" between ANA and the Portuguese Air Force

(FAP) to "establish technical agreements" that will regulate operational activity and define the airport fees through use of BA11's runway. This to "ensure both civil and military use of the airport is viable".

This will also aid the transferring of the activity developed by EDAB to ANA.

Rui Oliveira further said this week that various contracts were being discussed with agents connected to the air travel and the tourism sectors.

On opening, the airport will have a capacity of processing up to 1.5 million passengers per year and offers the flexibility to cater for double that amount with subsequent growth.

It will receive a maximum of 10-12 flights per day, "to start with", and has a cargo storage capacity of 30-40 tons, which can be tripled with demand.

Due to the size of its runway, Beja is expected, in the future, to see large aircraft such as the wide-body Airbus A340 or the high-body Boeing 747 touch down on its tarmac.



The road leading up to Beja Airport

Concern over school violence

Theft and bodily harm are two of the most common crimes carried out within schools, said the head of the PSP Police's Public Safety department.

Superintendent Virginia da Cruz, who is responsible for developing the PSP's 'Safe School' programme, told the Lusa News Agency earlier this week that the crimes most often carried out in schools are thefts and physical attacks.

However, the introduction of cards similar to bank cards and onto which money for school meals and snacks is credited are believed to be responsible for reducing the number of thefts.

On the other hand, bullying is a growing phenomenon within Portugal, an occurrence that Virginia da

Cruz described as "very frequent within schools".

PSP police have established that bullying is rife in schools in Lisbon and Oporto, though Virginia da Cruz highlighted that it is proportional to the number of schools in those areas, which there are also more of.

Superintendent da Cruz therefore concluded violence in schools is not on the up.

"From the work that is being done and from the feedback we are being given, I do not feel that crime within schools is evolving", she said.

It was admitted that there is, however, a "greater aware-

ness" of the problem and that there has been an "effort from the Ministry of Education to make sure all offenses are punished by the appropriate school officials".

"There has always been violence within schools and it wasn't reported. It still exists, but now it is being denounced more frequently".

There are currently 344 active PSP offices working on the 'Safe School' programme, which caters for 2,885 establishments of education, mainly by patrolling the perimeter of schools and in neighbouring areas.

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EC opens investigation into regional investment aid for Petrogal



A general view of the Petrogal refinery in Leça da Palmeira, Matosinhos on 15 November last year. (Photo: Lusa / Estela Silva)

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The European Commission has opened a formal investigation under EC Treaty state aid rules into aid worth some €160 million for an investment project with the Portuguese energy company Petrogal and its refineries in Sines and Matosinhos.

Portugal intends to subsidise the modernisation and integration of the two sole refineries in Portugal, mainly aiming at increasing the production of diesel to the detriment of fuel oil production.

The investment will also increase the production of naphtha.

After a preliminary investigation, the Commission has doubts as to the compatibility of the aid measure with the state aid rules, in particular regarding the incentive effect of the aid and the high market share of the beneficiary in the Portuguese market.

Moreover, issues regarding the geographic and product market definition need to be clarified. The opening of a formal investigation gives interested third parties the possibility to comment on the proposed measure. Opening of an in-depth investigation does not prejudice the outcome of the procedure.

Competition Commissioner Neelie Kroes said: "When the beneficiary of aid for a large regional investment project has a large market shares, we have to verify that the beneficiary genuinely needs the aid to carry out the investment and that the benefits of the aid outweigh the resulting distortion of competition".

BUSINESS IN BRIEF

Expat workers in Spain up to 62,000

The number of Portuguese workers registered in Spain increased fractionally in October to 61,841, a figure well below the 2007 total of 84,645, according to announced Spanish Labour Ministry statistics. The Ministry said the number of registered Portuguese workers in Spain had grown gradually since August, when the total of 59,917 marked the lowest point since July 2006.

Internationalisation key priority for economy

The internationalisation of the Portuguese economy is the "most decisive" issue facing government and business leaders, Economy Minister José Vieira da Silva said. Internationalisation was, more than ever, the key factor to assure "more rapid growth in order to have a winning and internationalized economy", Vieira da Silva told a business conference, adding that the Government was discussing a new policy to boost the competitiveness and expansion abroad of Portuguese firms. "We will make some changes to include a greater involvement of companies in the definition of strategies and of market and business development priorities", he said. He recalled the Government recently announced the creation of a Superior Council for Internationalisation to be headed by Francisco Van Zeller, the outgoing chief of the Portuguese Industrial Conference (CIP).

Economic stimulus policy to continue - PM

The Portuguese government will continue its policy of economic stimulation until the crisis is "overcome", Prime Minister José Sócrates has said. "This is the moment to continue with budget stimuli for the recovery of the economy and this is the priority", Sócrates said in Brussels after a meeting of EU leaders. Only once the crisis was "overcome" would Lisbon take measures to reduce budget deficits to the 3% ceiling imposed by EU regulations, he added, saying this could take place starting in 2011. Separately, Finance Minister Fernando Teixeira dos Santos said in Lisbon that the Government accepted the European Commission's projection of an 8% deficit in 2009 as its "value of reference".

EU threatens court action over non-implementation of acquisitions evaluation

The European Commission has threatened to take Portugal to court if it does not take measures to transpose community legislation on procedures and criteria for prudential assessment of acquisitions and increase of holdings in the financial sector. Reasoned opinions, the second-stage of infringement procedures before referral to the European Court of Justice, were also sent to Greece, Spain, Italy, the Netherlands, Poland and UK over the same issue, the EC said in a statement.

No. 1 diplomat visits UAE to boost trade, business ties

Portuguese Foreign Minister Luís Amado visited the United Arab Emirates at the weekend for talks on bilateral relations and other issues, officials said. Amado met counterpart Abdullah bin Zayed Al Nahyan in Abu Dhabi and signed a protocol for political consultation. The two diplomats also discussed plans to open embassies in each other's countries, said a statement from the Lisbon Foreign Ministry. The UAE has already nominated an ambassador to Lisbon and Portugal's diplomatic mission in the Gulf state will open soon, added the communiqué. Amado and Al Nahyan also analysed global issues such as the Middle East peace process and the situation in Afghanistan. Portugal's top diplomat further used his Saturday to Sunday trip to discuss ways of bolstering reciprocal investment and economic relations, added the official Lisbon statement.

Central bank chief could seek No. 2 job at ECB

Bank of Portugal governor Vítor Constâncio said on Friday he could seek the European Central Bank's vice-president post that becomes vacant next year. He said he was seriously considering the ECB job but has yet to make a final decision. A Lisbon minister said last week that the candidacy of Portugal's central bank chief has been well received in a number of Eurozone capitals. ECB vice-president Lucas Papademos of Greece ends his eight-year stint in Frankfurt in May 2010.

PM wants new world financial regulations

Prime Minister José Sócrates has challenged lawmakers from the Ibero-American community to join forces in helping build a new world economic and political order. The Portuguese leader, addressing legislators from 16 of the bloc's parliaments, praised the results of combined international efforts, which he said had pre-empted a worldwide "economic catastrophe". He urged the Iberian and Latin American lawmakers, meeting in Lisbon ahead of next weekend's trans-Atlantic summit, to contribute actively in redefining global financial regulations and political institutions. "We are at the right moment to debate and concert positions because the world is changing in economic regulation and changing in geopolitics", Sócrates said. The two-day Ibero-American Parliamentary Forum, which opened on Monday in Lisbon, precedes the bloc's annual summit that kicks off on Sunday in Estoril. Honduras and Venezuela were not represented at the parliamentary meeting.

TPN/Lusa

'Lisbon agrees' with Brussels' 8% deficit estimate



Portugal's government will use the European Commission's estimate of an eight percent budget deficit for 2009 as a "reference value" for state accounts and make reducing this fiscal shortfall a priority from 2011, Finance Minister Fernando Teixeira dos Santos said.

Brussels recommended this week that Portugal and several other EU states bring their budget gaps below three percent by 2013.

Minister Teixeira dos Santos said after a cabinet meeting: "We can take the EC forecast as a reference value." In its autumn forecast the EC put Portugal's deficit at eight percent for this year.

Lisbon's drive to cut its budget

gap "will be intensified from the end of this crisis, or by that 2011," added the Minister. But correction of Portugal's deficit could even start next year if economic indicators pick up sooner than forecast.

"We have to try as soon as possible to start facing the reality of an excessive deficit, which resulted from efforts to combat the crisis."

TPN/Lusa

Conclusion of Oporto-Vigo bullet train link delayed to 2015

The planned cross-border bullet train between Oporto and Vigo requires new studies and will only be concluded in 2015, two years later than foreseen, Spain's public works minister said Monday.

José Blanco López announced the delay after talks in Lisbon with his Portuguese counterpart, António Mendonça.

Blanco López said the 125-km link between Oporto, Portugal's second biggest city, and Vigo

crossed "very complicated" hydrographic systems and that the two governments were considering limiting the high-speed railway to a passenger service rather than the original mixed passenger-cargo plan. TPN/Lusa



Finance Minister Teixeira dos Santos during the signing ceremony to take up his new position in the new Portuguese government. (Photo: Lusa / Miguel A. Lopes)

Portugal says EU fishery proposals threaten national sector

European Union plans to increase sizes of mesh holes on fishing nets are "totally unacceptable" to Portugal because they threaten the future of the national fishing industry, Minister for Agriculture and Fisheries, António Serrano, said.

"It was a totally unacceptable proposal for our country," Minister Serrano said in Brussels after meeting his EU counterparts to thrash out new regulations on how to catch fish in the bloc's waters.

Portugal's Minister said plans to change sizes and shapes of holes in fishing nets and minimum catch sizes for fish "jeopardize the social and economic sustainability of our fishing fleet,

especially trawlers."

Portugal is coordinating its position on the controversial EU fisheries proposals with "countries with the same interests" like France, Italy, Spain and the Netherlands. The UK also "gave some assistance" to the ministerial meeting in Brussels, said Serrano.

The European Commission has now rescheduled negotiations on the fishery sector plans, which will continue during Spain's six-month chair of the bloc from January 2010.

Under Europe's reform treaty coming into force December 1, MEPs will also get the opportunity to dictate fisheries policy.

TPN/Lusa

Economic activity increased in October

Portugal's economy continued to show signs of recovery in October for the sixth month in a row, the Bank of Portugal has said.

Portugal's coincident indicator of economic activity, drawing data from GDP, retail sales statistics, sales of HGVs, cement sales, manufacturing output etc, improved by 0.7 points in October but still remains at a

negative 0.2.

Portugal's economic sentiment indicator (ESI) showed steady growth from September to October, as did the consumer confidence indicator.

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Lisbon, OECD, EC converge on economic contraction under 3%

The Portuguese economy will contract less than three percent this year and begin showing growth in 2010, according to three released projections.

The Bank of Portugal, the European Commission and the Organisation for Economic Cooperation and Development (OECD) converged in revised estimates of GDP shrinkage in 2009.

In its Economic Outlook issued last Thursday, the OECD said Portugal's GDP would contract 2.8 percent, a 1.2 percent improvement over its previous forecast.

It projected growth of 0.8

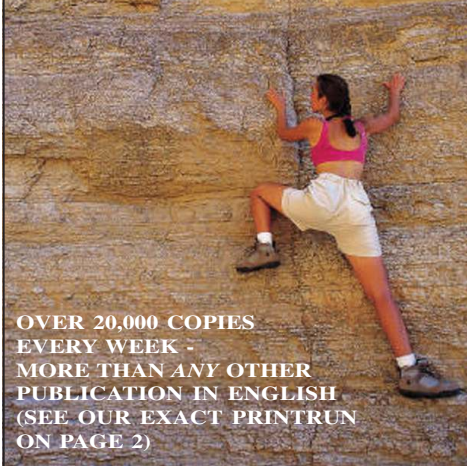
percent next year and 1.5 percent in 2011.

Last Tuesday, the Bank of Portugal projected a 2009 contraction of 2.7 percent, 0.8 percent less than earlier forecast.

The European Commission, in its autumn projections, also estimated contraction of 2.9 percent this year, down from its earlier 3.7 percent forecast, and an expansion of 0.3 percent next year.

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Cyprus: It's Over

The window of opportunity actually slammed shut in 2004, when Greek-Cypriot voters overwhelmingly rejected a United Nations plan to reunite the divided island of Cyprus. A week later the Greek-Cypriot government was allowed to join the European Union anyway, while the Turkish-Cypriots, who had voted in favour of the reunification plan, were frozen out. But some people just won't give up.



Cyprus Minister of Foreign Affairs Markos Kyprianou at the start of a General affairs council in Brussels on 17 November 2009. European General affairs and the Foreign Affairs Ministers Council took place over two days in Brussels. (Photo: EPA/Olivier Hoslet)

A year ago, with new leadership on both sides, the Greek- and Turkish-Cypriots embarked on another round of talks aimed at reunifying the island. As late as this September, Alexander Downer, the UN secretary-general's special adviser on Cyprus, said that "what you have here are two leaders who are very committed to a successful outcome." But good intentions are not enough.

Dimitris Christofias, the Greek-Cypriot president, and Mehmet Ali Talat, his Turkish-Cypriot counterpart, are old friends, and they both genuinely want to put the country back together, but they have made little progress and after fifty meetings time is running out. There will be elections in the "Turkish Republic of Northern Cyprus" (TRNC) in April, and the new president there is likely to be hostile to reunification.

Last time, in 2004, it was the Greek-Cypriot president who persuaded the voters on his side of dividing line to reject the UN proposal. There are bound to be times when one side or the other is led by somebody who wants to die in the last ditch. But there are also bound to be intervals, like the present one, when the leaders on both sides are in favour of unification.

So why talk of windows of opportunity shutting? Even if it doesn't happen now, surely it will happen sooner or later. Alas, not necessarily.

Geopolitical realities normally change as slowly as the continents drift, but the tectonic plates are now moving fast in the eastern Mediterranean. The chance of Turkey ever joining the European Community is now shrinking rapidly towards zero – and without the incentive of that goal, why would Ankara ever force the Turkish population of North Cyprus back into a union with the Greek-dominated "Republic of Cyprus"?

The current obstacle to EU membership for Turkey, which first applied to join twenty-two years ago and has been an official candidate for the past decade, is the opposition of the German, Austrian and French governments. They are all conservative governments that believe a Muslim-majority country has no place in what they still see as a "Christian" Europe.

That is ugly nonsense, but not necessarily a deal-breaker: those governments will probably be replaced one day by others that take a more relaxed view of religious differences. After all, a clear majority of EU citizens are not interested in religion at all. Greece and the Republic of Cyprus would also veto Turkish membership today, but a deal between the two Cypriot communities would obviously remove that roadblock.

If anti-Muslim prejudice were the only obstacle to Turkey's entry, then it could still become a EU member one of these days, but the tectonic shift is not driven by whoever is in power today in

Paris, Berlin or Vienna. It is driven by a growing concern in the EU that global warming is going to generate huge numbers of desperate refugees in Africa and the Middle East – "climate refugees" who will end up trying to get into Europe.

Never mind if this is just, or even if it is an accurate vision of the future. If this view comes to prevail in the EU, the main question becomes: where do we hold the line against waves of climate refugees? Should we try to control the current frontier along the eastern borders of Greece and Bulgaria (about 300 km, 175 miles), or bring Turkey into the EU and try to control 1,100 km (750 miles) of borders with Syria, Iraq, Iran, Armenia and Georgia? Not rocket science, is it?

Unless it is overwhelmed by climate change, Turkey will be all right outside the EU. It will overtake Germany in population within a decade, and it already has a higher per capita income than several Eastern European members of the EU. Turkey was a second-rank great power until the end of the 19th century, and it is likely to be back in that role by the mid-21st.

But if that is the role Turkey will be playing in another generation, why would it want to withdraw its troops from North Cyprus and push the Turkish-Cypriots into a single state with the Greek-Cypriots now? Why would the Turkish-Cypriots themselves want to resume their place as an unloved minority in a Greek-run state, rather than retain their own state in close association with the rising regional great power?

The reply to that question ten years ago would have been: because Turkish-Cypriots are so poor. But the past decade has seen very rapid economic growth in North Cyprus. The gulf in living standards between the two parts of the island has dramatically narrowed, so reunification no longer seems the only escape from poverty to Turkish-Cypriots.

This is not the last chance for the reunification of Cyprus; 2004 was. Greek-speaking Cyprus is prosperous and secure, Turkish-speaking Cyprus is approaching the same state, and Turkey itself no longer has an incentive to support the creation of a reunified, federal state in Cyprus. Partition is permanent. It's over.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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Portugal should take better advantage of Macao - last governor



One decade after its handover to Beijing, Macao remains a "cornerstone" in Portugal's relations with China - ties that Lisbon should better use, says General Vasco Rocha Vieira, the territory's last Portuguese governor.

"There are great opportunities in that part of the world and Macao is the path to taking advantage of them", Gen. Rocha Vieira told the Lusa News Agency in an interview Tuesday. "I think Portugal should take better advantage of these opportunities", he said, adding that Lisbon's attention to the territory it ruled for more than four centuries had become "secondary".

"Macao has always been a cornerstone in the relationship between Portugal and China", Rocha Vieira said. "The relationship would not be as strong as it is, and as it could be, if Macao did not exist".

Lisbon, he added, had negotiated the territory's transition with Beijing well, protecting Portuguese interests and its responsibilities to the local population "very well".

Rocha Vieira, whose mandate as governor ended on December 19, 1999 under a cloud of controversy at home, expressed "hurt"

that he had not been received by then-President Jorge Sampaio on his return to Lisbon.

He said he had never been given the chance to present a final report on his governance, as was the practice, and that the Portuguese flag lowered at the governor's mansion at the handover had never found a proper resting place.

The flag, which he carried away tightly held to his chest - an iconic image of the handover - continued to lie in a drawer at the home of a former aide, a decade after the event, Rocha Vieira said.

"One day the flag will have a [proper] destination. I don't know where", he said.

Rocha Vieira's term as governor of Macao ended in controversy centred on a foundation he created days before the handover, funded by Macao gaming magnate Stanley Ho and a public foundation he had headed as the territory's executive. *TPN/Lusa*



The former governor of Macao, Vasco Rocha Vieira in Cascais on 24 November. (Photo: Lusa / Miguel A. Lopes)

Still much to discover about Lisbon's role in WWII, says UK historian

There is still much to tell about Portugal's role during World War II, says noted British historian Antony Beevor, whose father served London as a spy in Lisbon during the conflict, provoking the ire of Portuguese dictator António Oliveira Salazar.

Antony Beevor, whose latest book, "D Day: The Battle for Normandy", was released in a Portuguese translation earlier this month, told the Lusa News Agency this week that his curiosity about Portugal's role - especially the part played by his father - was hobbled by John Beevor's silence and the fact that few documents remained from his organisation, the Special Operations Executive (SOE).

"Much material was destroyed after the war, many of SOE's archives, and others were saved", the historian said in a

London interview.

Beevor said his father had served as a "not very convincing" military attaché at the British embassy in Lisbon in 1941-1942, while actually organizing "anti-fascist Portuguese" for resistance and sabotage in the event Germany "reached Spain and later Portugal".

Salazar's fascist-leaning regime remained formally neutral during the war.

According to Neville Wylie, another British historian of the period, the elder Beevor's activities so irritated the dictator that Salazar protested personally to the British ambassador.

"It was a very complicated era and I know that among the spying operations of the time, some of which involved my father, there is still much to learn, something that I personally want to

know more about", Beevor told Lusa.

"I've heard one or two stories,

and I'd love to know if they happened or not", he said.

TPN/Lusa

MIT "impressed" at Lisbon's commitment to R&D, innovation

The Massachusetts Institute of Technology is very impressed by Portugal's strategy to invest in research and innovation, MIT president Susan Hockfield said this week on a visit to the Portuguese capital.

"At MIT we're very impressed at the commitment of this country to build its future through science and technology, research, discovery and innovation," said Hockfield at an energy seminar at Lisbon's Technical University.

A priority MIT research area is to find ways of easing

growing energy shortages, said Hockfield, and Portugal's government, laboratories and technology firms have become "excellent global allies" for the institute in this quest.

In reply, Portuguese State Secretary for Energy and Innovation Carlos Zorrinho said MIT's praise is "a cause for pride". Lisbon's "win-win" cooperation accord with MIT is turning Portugal into a living laboratory for the US institute and Portugal gets essential expertise from the American organisation in return. *TPN/Lusa*

Bank chief in Hidden Face case denies wrongdoing

Banker and ex-Socialist cabinet minister Armando Vara has denied any wrongdoing in the Hidden Face corruption scandal, after a first round of questioning by investigative magistrates.

"I'm calm because I did nothing of what I'm accused", Armando Vara said after facing investigators in Aveiro.

"I never asked for money from anyone and never received any from anyone. It's all false", he added, declining to comment further on the investigation into an alleged illicit scheme to favour a scrap metal and industrial waste management firm.

Vara is to be questioned again on November 27.

According to published leaks, Vara allegedly received €10,000 from businessman Manuel Godinho last May to facilitate contracts with major Portuguese companies with state shareholdings.

A close friend of Prime Minister José Sócrates, Vara asked to be suspended from his post as vice president of Millennium BCP after he was declared an "arguido", or formal suspect, in the case last month. *TPN/Lusa*

PM opens new solar power plant

Portugal can only reduce its dependency on imported energy and consequent debts by continuing efforts to develop renewables, Prime Minister José Sócrates said Tuesday after inaugurating a new solar power station near Lisbon, the Lusa News Agency reports.

"This is the world's largest photovoltaic generating plant in an urban setting and serves well as an image of a country that has for a number of years made one choice and option - renewable energy," said Sócrates.

At the opening of the new solar plant at Loures, about 20 kilometres north of Lisbon.

Portugal is increasing its development of hydro, wind, solar and other clean energy sources to reduce its costly oil dependency, said the Portuguese leader: "Strengthening our strategic autonomy from fossil fuels is absolutely vital." More renewable energy in Portugal also helps reduce the country's debts, half of which result from oil imports, added Sócrates.

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Duke of Bragança joins fundraising dinner



Photo above: The Duke (fourth from left) with members of Estoi Casa do Povo, Club President Agnete Sylvan (fifth from right) and the President of the Estoi town council José Brito (far right).

Photo below: Club President Agnete Sylvan with the Duke of Bragança at the dinner.

The Rotary Club of Estoi Palace International held a charity fund raising dinner at the Estoi Palace Pousada on Friday 20th November 2009.

The guest of honour was Dom Duarte Pio, Duke of Bragança who gave a very interesting talk on the 'Modern History of Portugal'. The Duke, who is claimant to the throne of Portugal, spoke about the place of the monarchy and his family in recent Portuguese history as well as his personal background and also gave some personal comments on current European developments.

Also at the dinner were the recently elected Mayor of Faro Macário Correia and the President of the Estoi town council José Brito. The 160 guests enjoyed a first class meal which was followed by a prize draw.

The event was presided over by the Club President Agnete Sylvan who thanked the Duke and other guests for coming and commented on the impressive venue for the event. She introduced the club members who were present and also talked about the close relationship between the club and the Estoi Casa do Povo (Community Centre) for whose benefit the dinner was held.

The dinner raised close to €2,700 which will be used to purchase environmental equipment to improve the Casa do Povo's auditorium.

The evening included music by the Vila Real S. Antonio Conservatory Orchestra conducted by Ricardo Carvalho.

Further information is available by calling 919539017 or visiting www.rotariyestoi.palace.org.

Ria Formosa's carbon levels under investigation

The Ria Formosa, which stretches for sixty kilometres between Ancão and Manta Rota, is presumed to be a carbon dioxide consumer due to its lush and abundant flora, which consumes CO₂ for photosynthesis.

However, the existence of fish and bacteria, aided by human activities such as construction and fish farms, might contribute towards a larger production of CO₂, and researchers will be carrying out work to see if the estuary is a CO₂ consumer or producer.

"The idea is to see if the Ria Formosa behaves like a plant, consuming more CO₂ than it produces, or, on the other hand, like an animal" said Rui Santos.

According to the coordinator of the Algae group, from the Centre for Sea Sciences at the Algarve University, the project will enable them to learn how human activities affect the estuary's natural metabolism, such as the construction of marinas, the creation of fish and shellfish farms, and the discharges from the Residual Water Treatment Stations (ETAR).

A team of researchers from the Algarve University, in Faro, will be measuring the carbon levels of the Ria Formosa to see whether the estuary consumes or produces carbon. The project, which will begin in January, will also study in which way human activities carried out in the estuary influence its metabolism.

Two methods will be used to measure the CO₂ levels of the estuary, the first being analysing the exchanges between the estuary and the ocean, and between the atmosphere and all the CO₂

released by the ETAR stations.

The second method will be carried out by analysing in detail all the estuary's life forms in order to quantify how much CO₂ is consumed and produced.

The project, financed by the Science and Technology Foundation (FCT), will begin in January and should last around three years, with continuous reports expected throughout.

Man in Portimão charged after using flare gun



A 35 year old man will be going to court after he allegedly fired a flare gun towards a group of youths playing football in Portimão last week.

The incident began when the football with which the young people were playing landed on the man's veranda in Portimão.

The man then began to threaten the group when they attempted to retrieve their ball. At that moment, he headed into his home and came out im-

mediately, with the flare gun in his hand, firing three shots towards the youths, who instantly ran away.

After being reported to the police, the Portimão PSP carried out a search warrant and found the weapon, plus forty flares (four of which had already been used), in

the man's residence.

According to the authorities, it is illegal to own, use and carry flare guns in Portugal.

During the search of the man's home, officers also found five cannabis plants, which the man said were for personal consumption.

Special dinner in Albufeira

An evening of dinner and wines with music by Jacques Brel has been organised by EBAT with various singers and musicians - Robin, GeGé, Christina, Ronald and others.

GeGé, his family, and other artists, all residents in the Algarve will be performing an homage to Jacques Brel, and other music, on piano, guitar and babbarby organ at 20.00hrs on 6th December at Casa Dos Presuntos, which is on the road north from the Montechorro Hotel that leads to the EN 125 halfway between them both, on the west side.

GeGé has been a singer and chorister all his life, since his first recording in Paris with the cel-

ebrated Minuit Christian de Adam and Maurice Levavasseur, a student of Maurice Duruflé. He has performed in various shows and concerts in France and the Algarve singing both popular and religious music at many venues over the years.

The Euro troubadores association EBAT was founded 10 years ago, with bases in the Algarve and Courtonne Normandy, to encourage singers and performers of all types of music, to meet and socialise in the Algarve and Normandy. With special emphasis on Luso French performers and music.

Reservations and enquiries to 937 885 183 or 289 591 290 ggechante@gmail.com

Twins arrested in Portimão

Two twins were arrested in Portimão last week after the PSP spent months investigating cases where victims were robbed after being drugged with a substance that caused severe drowsiness.

One of the cases occurred in September last year, when the owner of a restaurant in Portimão was speaking to two women and suddenly fell asleep.

When he came back to his senses, two mobile phones were missing and €500 from his cash register had been stolen. He reported the case immediately to the PSP, suspecting the women had slipped something into his

drink.

On Thursday 12th November, one of the witnesses called the PSP saying he had spotted both women in the centre of Portimão. They were arrested shortly after and identified by the victim.

Both women, aged 49, had two vials in their possession when they were detained, which contained an extremely strong somnolent drug that is not sold in Portugal.

The suspects, who are allegedly from Spain, had just arrived in Portimão and it is thought they were preparing to carry out another similar crime.

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It was all alright on the night

Last year she swore she would never do another, this year she said the same, but thank goodness every year director Jenny Grainer changes her mind and puts together one of the region's most fabulous nights of top acts for what has become the Annual Grand Variety Show, all in the name of charity.

This year the Grand Variety Show – held on Sunday night in Lagoa's auditorium and hailed by a full house as the best to date – raised a fantastic total of €3,572.55, made solely from ticket and raffle sales.

Of that amount, €730, raised from the raffle ticket sales alone, will be donated to the Donkey Sanctuary animal refuge, the rest benefitting Lagoa's Santa Casa da Misericórdia.

Thirteen different acts took to the stage for Sunday evening's show, none of whom had rehearsed together before and yet on the night came together beautifully. Never before had so many fantastic (and voluntary) performers shared a stage.

Following an introduction to the benefiting charities by Jenny Grainer, and a word from the evening's ever-amusing host Ian Carfrae, the show kicked off with 'Tributes to Iconic Artists'.

Brilliant impersonations of Amy Winehouse (Carrie-Marie Bratley), Mae West (Lara Costa), and an eerily flawless Edith Piaf (Gloria Costa) followed the Stars Dance School's toe-tapping tribute to the legendary Michael Jackson. Back-stage sources exclusively told **The Portugal**

News that while notorious Amy did enjoy a glass of wine or two, Mae and Edith were tee-total when they took to the stage and oddly none of them made diva-like demands – except Mae West, whose requests were actually quite basic – salt & vinegar crisps and a bottle of cold water.

The three 'Divas of the Decade' shared a dressing room and between them managed to put the world to rights as well as putting on one of the best performances of their careers.

An exotic dance involving a sword by Marion Bedbur kept the audience on the edges of their seats, while the Class Act instrumental and vocal duo's rendition of 'Ain't Nobody Here But Us Chickens' had them in stitches.

Act I drew to an end with a

grand display of Fado, Rumba and neo classical dance by the Morris Ballet School of Lagos, highly applauded by the audience.

After a quick trip to the bar and a very funny interpretation of The Sound Of Music by Clarissa Buttackworthy & Rupert, the raffle was called.

Prizes were generously donated from Solvet Lagoa, Sanipina, Lagoa, Dapperdogs Portimao, Phoenix Nites Carvoeiro, Hotel Garbe, Let The Magic In Algoz, Quinta Dos Vales Estombar, Cepsa Garage Carvoeiro, Casa Ingles Silves, Lara Beauty Carvoeiro, Escondidinho Restaurant Ferragudo, and Sovereign Consultorias Lagoa.

Chris Cottis of the Donkey Sanctuary said "The Donkey Sanctuary would like to thank all the generous sponsors of the raffle which raised a marvelous amount of €730. We would like to thank all of those who donated prizes, and most of all Jenny Grainer for letting us attend her fantastic show".

Act II was packed with brilliant acts from folk band Iona, German classical singer Simone Nauck, and the Rocky Mountain Duo Blue Grass Band, an interestingly international feast for the ears if ever there was one!



Goodness Gracious Great Balls of Fire! It's Mae West (or Lara Costa) with her macho man.

Tim Gomez from Circo Pequeno was mesmerizing with his glow-in-the-dark diblo show and breath-holding knife-juggling, and brave Hip-Hop dancer Natasha, of the 2-4-U Dance Duo (which on the night was sadly 1-4-U, due to the other half being taken ill) was amazing, having practiced the entire night before to deliver an act that was just as good with one dancer than it would have been with two.

Even sleep deprivation didn't

stop her from being one of the best acts of the evening.

But the evening would not even have been possible without the assistance of Lagoa Town Hall and their staff, who generously offered their time and services to make the show happen.

And while Jenny Grainer may be adamant she will "never do another again", her fans are looking forward to what surprises lie in store for next year's Grand Night of Variety.

Vila Sol Algarve, moving for the local community

On December 12th the Vila Sol Renaissance SPA & Golf Resort will be holding a charitable event in favour of Faro's Young Women's Protection Association, organized in collaboration with Megasport.

An invitation is extended to the entire community to take part in the programme, which consists of a walk or bicycle ride from the Hotel Vila Sol Algarve Renaissance to Vilamoura Marina.

There is a participation fee of €10 per person, which will be donated in its entirety to the Young Women's Protection Association, in Faro. The main aim is to raise as much as possible for the cause, which provides essential help to young women and teenage girls by creating social reintegration programmes and helps them overcome diverse difficulties.

In the afternoon, after return-

ing from the event, the hotel will open its doors to participants who will be able to enjoy massages or a game of tennis.

The walk or bike ride sets off at 09h30 and will be back at the hotel by 12h00.

This initiative is part of the Marriott's 'Spirit of Serving the Community' programme, based on the hotel chain's philosophy of helping the community that was developed by associates in 1927 and aims to organize various types of social activities to integrate the hotel units into their local communities.

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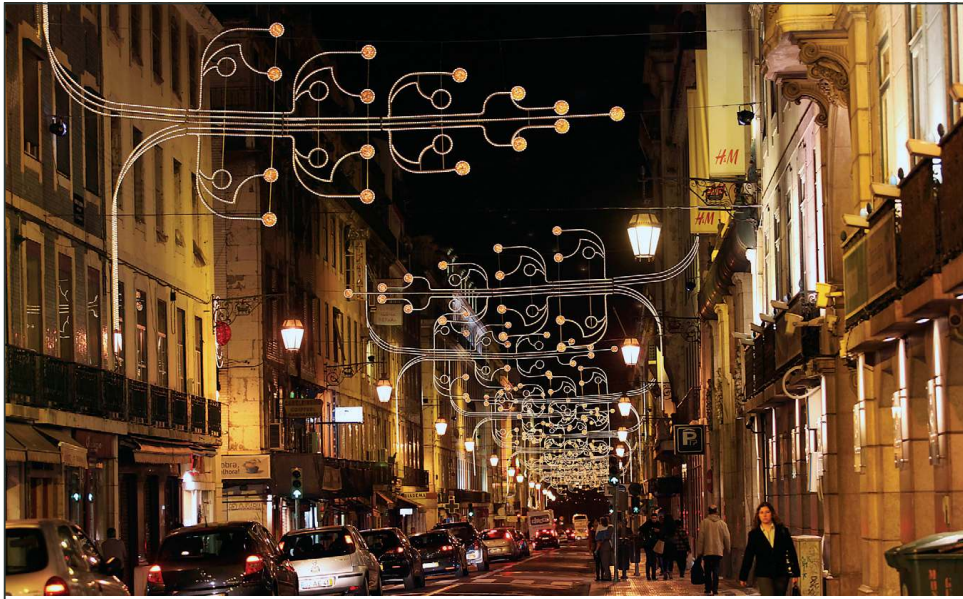
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Traditional Christmas lights are already lit in Lisbon's downtown.
(Photo: António Cotrim/LUSA)

Christmas lights up Lisbon



Lisbon's Christmas spirit came alive on Friday 20th November, as 2.3 million decorative low consumption light bulbs, distributed throughout 39 streets in downtown Lisbon, were turned on.

This year's inauguration of the Christmas season took a very different approach to 2008, when companies paid for the lighting in exchange for advertising in Marquês de Pombal and Terreiro do Paço. This method caused great controversy in the City as the companies used their advertising excessively in the public spaces, and Sá Fernandes, Public Spaces councillor, considered it to be a "terrible" year in terms of Christmas illumination. The lights were not spared criticism this year either, as PSD

and CDS-PP councillors accused the Public Spaces councillor of not including the lights, which cost over €1 million, in the council's budget.

Lisbon Mayor, António Costa, was accompanied by Sá Fernandes during the inauguration of the Christmas season, turning on the lights at Largo Camões, where an illuminated heart lit up the large square. This interactive heart is connected to a structure with buttons, that, when pressed, change its colour and design.

New road demanded by Montijo and Alcochete residents

The Montijo and Alcochete Mayors are demanding a new road connection from the Vasco da Gama bridge to their councils, in order to resolve traffic congestion problems that are registered on a daily basis, especially for motorists entering Montijo.

Maria Amélia Antunes, Montijo's Mayor, confirmed with Lusa News Agency that all the diligences have been carried out, with Estradas de Portugal and Lusoponte, to advance with a new connection. "There is enormous pressure at the entrance of the city, for those coming from Lisbon, and a new road connection from the toll booths would make sense. Now that the electoral campaigns are over, we are in a position to insist on the matter with those who have the power to decide" said the Montijo Mayor, adding that road congestion in the council has been constantly increasing, with

no signs of stopping.

Despite its traffic problems not being to the same degree as Montijo's, Alcochete's Mayor explained that it is important that this new connection leads to both councils. "The situation is more of an emergency in Montijo because, in the hours of most traffic, its entrances and exits are congested" said Luís Franco, adding "these constraints are not in Alcochete yet, but this common objective of both councils must move forward now, ..., so that in the future Alcochete does not reach the same situation as Montijo."

Coppola Correction

Oscar-winning director Francis Ford Coppola has, following reading the article entitled, "Coppola foresees future of 'customised' cinema at Estoril Film Festival", which was published in **The Portugal News** a fortnight ago, requested the following corrections to be made: Mr. Coppola wishes to state that he did not in fact use the term "flexible cinema", but instead referred to "malleable cinema".

The director of the Godfather also explains that he never said that "having the director with the audiences 'saddens people'". **The Portugal News** apologises for any misinterpretation.

www.the-news.net

Estoril track races towards facelift



The company that manages the Estoril Racetrack will soon be investing €3.5 million in the construction of new infrastructures at the racetrack, with further plans to sell the entire facility, a situation that has been agreed by Cascais Council.

Parpública, the state company in charge of the Estoril Circuit, has revealed its intentions of building a kart track and a defensive driving circuit, in order to make better use of the racetrack's facilities. The company also said that "the first phase of a construction process to revamp and adjust the Estoril Racetrack for new opportunities and business challenges in the sector is being carried out",

representing a €3.5 million investment.

Questioned about the sale of the racetrack, Parpública announced "if and when there is a proposal or the possibility of a sale, the State will analyse what needs analysing, with the public's interest in mind..."

Cascais Mayor António Capucho was not aware of any renovations when confronted by journalists, despite admitting that

the Estoril Racetrack is in need of renovations as it is a space he considers to be a "very important tourism anchor and a space that is important to add value to."

He also informed the press that the Council will not be taking any financial role in the investment, with all the money being offered by the State.

In July 2007, Parpública requested €35 million from Cascais Council, which it refused.

Mobile phones' radiation to be measured



The electromagnetic radiation from students' mobile phones is going to be measured in fourteen schools in Lisbon, over a three month period, after a protocol was signed between Lisbon Council and the Telecommunications Institute on Tuesday 24th November.

The Telecommunications Institute will be installing measuring stations to determine the electromagnetic field in fourteen schools and the Town Hall in Lis-

bon, via a real time monitoring network. Other measurements will also be taking place in other locations, with the results being published on an internet page for

the public to access.

The objective of the protocol is to create public awareness of the possible harmful health effects originated by electromagnetic radiation, emitted by mobile communication antennas.

It is in the Council's interest to "proceed to monitor the situation of the electromagnetic fields generated by the telecommunication antennas, to verify if the limits of exposure are respected where analysed, as well as supplying the information to all citizens" states the protocol, which was signed by Lisbon's Environment Councillor, José Sá Fernandes, and by the organiser of the Telecommunications Institute project, Luís Sousa Correia, on Tuesday.

Tree felling at school causes commotion

Over one hundred, fifty-year-old trees were cut down at the Sebastião e Silva Secondary School in September this year, causing a great uproar in the school's community as teachers and students consider it a lack of respect for the property's legacy.

The old Oeiras Secondary School, now called the Sebastião e Silva Secondary School, had commenced a complete landscape overhaul, in which the felling of the mature trees was planned in order to double the area of green space. The project has plans to plant 257 new trees and around 16,000 shrubs, representing a €24,000 investment. Helena Simões, one of the teachers who has written a petition, said "Whenever there was something needed by the school they answered that they had no money. Now it's this megalomaniac project. What the school needs is the strengthening of the buildings (...) not new trees.

The project reveals a lack of respect for the heritage [of the school] and it is not educational."

Around 300 students, former students, teachers and school employees have signed the petition that was delivered to the Ministry for Education, feeling disrespected due to the changes and without being informed.

A source at Parque Escolar, the company in charge of the renovations, told the Lusa news agency the felling was due to some of the trees being misshapen and diseased. Other reasons given were the expansion of the school building and the invasiveness of some of the species, some of which were also toxic.

However, its justification did

not convince the school's community: "Show us the reports, the studies. We never saw anybody here. There must be transparency in these projects. A State project must be exemplary" said Helena Simões.

The renovation project for the secondary school includes the construction of two sports fields, a new dining hall, a coffee shop and a laboratory. The library, art rooms and main hall are to be improved.

This project is part of the second phase of the Modernization of Secondary Schools Programme, which foresees the modernization of 75 schools in the country by the end of 2010.

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Training-seminar: dealing with cultural differences

On Wednesday December 9th a training seminar on dealing with cultural differences will be held by top international executive coach Hans Hoogerdijk at the Tivoli Hotel, Carvoeiro, from 14.30pm – 18.30pm.

The training-seminar will unveil the underlying cultural rituals, val-

ues, beliefs and assumptions associated to the various nationalities of the Algarve's society, British, Dutch, Portuguese and others, and that come into force when dealing with each other while negotiating, giving instructions, handling things with the Town Hall, and dealing with providers and customers.

It will highlight how Dutch, British, Portuguese and other cultures

differ from each other and therefore communicate, work and organize themselves the way they do.

Hans Hoogerdijk explains "The Algarve is a mosaic of people with different cultural backgrounds. This diversity is without any doubt one of the attractive aspects of being and living here.

"However the same cultural differences that attract us so much can also be the source and reason of misunderstanding, conflicts, unnecessary delays, lost (business) opportunities, mistrust, inefficiency and disturbed relationships. Especially when situations or issues become important, difficult or complicated, cultural differences have a way to complicate things even more. The result: irritation, no satisfaction and reinforcement of prejudice".

In essence, "It basically all comes down to a handful of different beliefs and assumptions that are 'normal' within the British, Portuguese, Dutch or German cultures and which help us deal with various aspects of daily life, such as power and status and individual rights and respect".

Hans Hoogerdijk developed a Master course at the University of Utrecht and now leads seminars at Faro University. He is a trainer and personal coach to Top Executives of financial and retail companies from the Netherlands and Belgium. It is his conviction from his extensive experience that this subject is probably the most effective and appealing solutions for people living and working in an international setting:

"It still surprises me to see the amount of misunderstanding, irritations, prejudice, inefficiency and therefore lost (business) opportunities that are the result of what I call the lack of 'cultural intelligence' or 'skills'", he concludes.

The price per participant is €30 and includes coffee and handouts. For more information, contact email: hanshoogerdijk@gmail.com, or call mobile: 911 199 442. Alternatively, call Armada d'Eça on: 968 729 083.

'Almoçageme' exhibition launch

Despite the pouring rain that would normally keep everyone huddling in their cosy homes, there was a very good turn out to the Sintra Arte exhibition entitled Almoçageme, where the regular group of nine was joined by two guest artists, Tom Bund, a fine art painter, and Jose Manuel Martins, a photographer. As usual, the Adega proved to be a warm and welcoming place to gather where original works were to be found with each artist depicting a view of Almoçageme: strutting geese to be found in yards, doorways and other architectural items characteristic of the area, with some focusing on their details, a nighttime view of houses lit by street lights, those very traditional yet unique windows, and of course some striking interpretations of the sea and skies above it. The two '3D' artists focused on injecting the colours of the sea and the skies into their ceramics and knitted wares.

All in all, a wonderful event hosted by Sintra Arte, who, not satisfied with this, will also be hosting Xmas Craft fairs on 2 consecutive week ends, the 5/6 December and the 12/13 December, from 11hrs to 18hrs. See you there!

Second International Art Fair in Loulé

After the great success of the first art fair ARTE ALGARVE in June, the next fair takes place from Sunday 29th of November until Tuesday 1st of December, again at EXPO ALGARVE Loulé, open daily from 15-22 o'clock. The entrance fee is 4 €.

77 painters, sculptors and photographers are exhibiting and selling their work directly, meaning without galleries, which gives the visitors the possibility to meet the artists themselves and buy cheaper.

Good food and wines will be served in a restaurant and a bar.

ARTE ALGARVE initiated a wonderful charity event which will run parallel to the art fair from 29th of November till 1st of December: All visitors are invited to bring along presents for orphans and put them under a big Christmas tree called Tree of Love, decorated from Stela Barreto, Meinke Flesseman and António da Cunha. A choir will sing Christmas carols at 9 pm. Afterwards the presents will be given to one of three selected orphanages. Three days, three different orphanages.

The orphanages are: Obra Nossa Senhora das Candeias "As Luzinhas", Olhão; Lar de Crianças Bom Samaritano, Alvor; Lar de Crianças "Os Pirlampos", Albufeira.

The choirs are: Coro Internacional de Aljezur; Coro Canticorum São Brás de Alportel; Coral Adágio, Portimão.

Legacy Scholarship Fund Gala A Huge Success

The 1st Legacy Gala, held on Nov. 13th at Palácio Penha Longa, was an evening to be remembered! Attendees of this event were enchanted by the many talented and professional musicians. Veliana Hristova (violinist of Teatro Sao Carlos) and Leandro Cardona (from Brasil) welcomed guests through the doors of the Palácio. The electrifying sounds of Beethoven's Symphony filled the room as young dancers from CDA Cascais Dance Academy (owner/dancer Emma Nilsson de Macedo) carried in Globes of the World. Breathtaking performances by Opera singers from Bel Canto Latino entertained throughout dinner. Banda Baco kept guests dancing until 0200 am!

Sue Alvares Cabral and Mercedes Casanova Mottek, the Co-Chairs and Founders of the Legacy Gala, presented an animated version slideshow about the scholarship fund and how it will benefit children in Portugal. Three individuals, Pedro Abramos, Joana de Vale and Diana Correia, spoke about their experiences on how they had been given opportunities because of their individual talents and winning spirits. Sponsors, who believed in them, gave these students the opportunity to shine and financially supported their grand efforts. As a result, they are going forward to help make a positive difference in the world and be an example to others.

As a grand finale, young prodigy golfer, Ruben Figueiredo, known as "The Shepherd Boy" from Viseu, was presented with a two week scholarship to the Hank Haney

Junior Golf Academy in Florida for this coming summer to perfect his skills. Hank Haney is Tiger Woods' coach today. Ruben was accompanied by his mother, Manuela, José Eduardo Arimateia Antunes, Director de Relações Públicas do Grupo Visabeira and Maria Joao Parreira, who have been supporting Ruben since his introduction to golf. These young people symbolize the essence and purpose of the Legacy Scholarship Fund – sponsoring exceptional talent in a variety of fields for those who do not have the financial resources to pursue their dreams.

The event was organized with the help of Mrs. Linda Pereira, CEO of CPL events. Mrs. Pereira offered her expertise because of her passion for the scholastic mission, a true philanthropist and leader in her field. "What are we here on this planet for if it's not to help make a positive difference, to love and be loved, to motivate, inspire and encourage our family, friends and even people we just meet? It's a profound personal passion of mine to help and see others succeed. We must join together in the mission of world betterment for our children, grandchildren and those generations yet to come... YES, together we can make a local and global difference" said Mercedes Mottek, one of the organizers.

The Legacy Gala II is fully underway for Oct 2010. Everyone is welcome to participate and embrace this much needed mission to serve children in many communities in Portugal. "Join us as we can all make a positive difference!", said the organizers.

Special Reader Offers on Royal Caribbean & Celebrity Cruises



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Christmas Flowers for the Home

a demonstration of

Flower Arranging followed by Cheese and Wine

Proceeds to All Saints Anglican Church and Almancil Community Centre (ASCA)



€10

ASCA Almancil
7pm • Wed 9th Dec
RSVP 289 368 779



International School
São Lourenço Almancil

Christmas Fair

Quinta Shopping, Quinta Do Lago
Saturday 28th November 2009



- 11 am: Santa arrives in style
- 2 pm: Luxury Basket Auction
- Children's Art & Craft activities
- Games, Christmas Gifts, Luxury Prizes

ISSL Supporting: ACCA

Walking in the beautiful Algarve

St. Patrick's Society

St. Patrick's Society monthly walks resume on Saturday Nov. 28. Meet at the BP filling station on North side of EN125 near the Penina Hotel, at 10am sharp, for onward short drive to the starting point.

2 - 2 1/2 hour walk. Wear sensible shoes or trainers, not flip flops or sandals.

Optional lunch afterwards.

Tel. Jim on 282 431595, or Ann on 282 471748.

Longer Walks

Algarve Walking Experience.

Meet outside the Information Office in Salir at 9.30am on Saturday 28 Nov. The walk will be about 5 hours 18/20 km easy walking good paths. The weather forecast is not good for Sat so please phone to confirm walk is still on.

I will be taking a break and the next walk will be on Dec 19th. Salir is North of Loule and easy to find.

Phone mob 912715835 or mail info@algarvewalkingexperience.com

Let's walk...

...around Agueda
Wednesday December 2nd

A fairly easy 2.5 hour walk through woodland and orange groves just north of Silves.

10.30am start - meet by the prison in Silves. Drive over the bridge into Silves and turn left. Follow the road and drive out of Silves passing Modelo supermarket. After passing this take the next turning right and drive for about 500m, the prison is on the left (cafes just up the road).

in the Serra da Cao
Saturday December 5th

An easy 2 hour circular walk through totally unspoilt countryside, some short climbs but worth the effort! 13.30pm start - meet by the cafe in the centre of Barao Sao Miguel. Drive westwards along the A22 until it ends and then drive back through the village of Bensafim, after leaving the village turn right towards Lagos Zoo. Drive along the road to Barao Sao Joao and follow the road through the village towards Sagres. Another 5km brings you to Barao Sao Miguel and the cafe is opposite the church on the main road.

All are welcome to come along - there is no need to book (there is a charge of 5 euro per walk which includes a donation to charity). Please wear comfortable shoes, bring some water and a sense of humour!

If you require more details please call: Julie Statham 965 753 033 / 922 244 242 or www.portugalwalks.com

East Algarve Walks

Tuesday & Friday mornings
For more information contact Brian: 913 595 868, brian@moonlightservices.eu, www.moonlightservices.eu

How many pairs of shoes do you own?

It is a pretty universal truth that most of us have more pairs of shoes than we need. And it was this fact that Maureen Kyle, the Vila Sol Ladies' Captain, drove home earlier this month, when she rallied round her fellow players and organised a competition day to raise money for the children at Misericordia in Vila Real.

She had been approached by ACCA (helping children in need in the Algarve) and she was delighted to take up the challenge. However, it would seem it wasn't so much of a challenge after all, since, instead of raising the €500 initially requested by ACCA as a sum that would

go towards the purchase of much needed shoes, Maureen and her team raised an incredible €1,010.

Thanks to them the children will each be receiving a brand new pair of shoes.

On behalf of the children at Misericordia Vila Real, ACCA would like to say a heartfelt thank you to Maureen and all the players who took part. What a worthwhile way to spend your day! If anyone is interested in helping to raise funds for local children, or has ideas about their own fundraising event, please visit ACCA's website at www.accakids.com.

Amigos Unfriendly to Harlequins - Panthers Sink Vikings

A busy week for all teams, playing their third match in eight days to keep up with an expanded and hard-fought programme. Alvor Greens recovered well from their heavy defeat in mid-week beating the Alvor Gladiators by 55-45, taking six points to two and clinging on to top spot in the table. ABC Cats meanwhile continued their rich run of form by travelling to PDF and thrashing the Sinners by 86-32. Cats earned the full eight points and closed the gap at the top of the table with the Greens to two points. The Crusaders were also at home at PDF and took full advantage, beating the Valverde Vulcans by 96-38 and bagging all the eight points. Crusaders continue their realistic title challenge in third place, having scored the most shots (513) among all the twelve teams.

Another team enjoying a good run of form is the Alvor Amigos,

who notched up another good victory by narrowly beating the Alvor Harlequins by 51-47. Unusually, two of three games were drawn, Amigos edging home six points to two. Tavira Tigers have also been quietly accumulating points recently and today travelled to beat the Amendoeira Nuts by 55-41, gathering another eight points. Pedras Panthers also got back to winning ways with a 57-41 victory and six points to two.


Greens continue out in front with 50 points, Cats inch closer with 48, whilst Crusaders and Panthers are locked together on 43 points. Gladiators are fifth with 37 and Tavira now have 36 in sixth. Amigos are on 30, Harlequins have 29 and Vikings have 22 points. Sinners are on 20, whilst Nuts go above Vulcans at the bottom, both having 12 points.

Alan Clarke
League Director

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Ideal for family golf!
Ideal for beginners!




Vale de Milho - A 9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout it's 926 meters for all standards of players. Facilities include a lounge bar, restaurant, a well stocked shop, snooker room and golf school.

"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Doring Kindersley.

TWILIGHT PROMOTION	SPECIAL PROMOTION (JUNE-OCTOBER)	BREAKFAST OR LUNCH
€25 - With Clubs - €40 June to August after 3:30pm	9 Holes - €20 18 Holes - €30 With Clubs - 9 Holes - €32.50 18 Holes - €47.50	9 Holes - €26.50 18 Holes - €38 With Clubs - 9 Holes - €40.50 18 Holes - €57.50
September to October after 2:30pm	*** Subject to availability. No service at weekends.	

GREEN FEES
9 Holes Green Fee €24.00
9 Holes Green Fee Junior €16.50
18 Holes Green Fee €37.00
18 Holes Green Fee Junior €25.50

SEASON TICKETS
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5 Rounds - 20% Discount

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E-mails: valedemilhogolf@mail.telepac.pt
Web site: valedemilhogolf.com

15% DISCOUNT ON GREENFEES WITH THIS VOUCHER

Americans in Portugal SOS Party

Americans in Portugal is celebrating the Christmas season again this year with a party on behalf of the children at the SOS Village. Anyone can participate by coming to the Luncheon (see the attached announcement); by not attending the luncheon, but buying, wrapping and delivering a gift to one of Santa's Helpers' homes; or making a monetary donation from which Santa's Helpers will buy presents at Cascais Shopping, so that all the children's (and House Mothers') wishes will come true. December 13 is the deadline for gift delivery or monetary donations for presents.

Santa's Mailbox has been delivered to each of the Homes that make up the SOS Village, in Bicesse; and all of the children have written to Santa with their wished-for gift. Santa's AMP helpers have collated the wishes, and have a List of the girls and boys names, ages and their "wishes" ready for everyone who wants to participate. Please send an email to Americansinportugal@hotmail.com

or to ddprice98@hotmail.com and we'll respond with a name, age, and gift-wish. You may also telephone to: Don Price at 91-815-5116.

The Christmas Lunch, December 16th, at the Cascais Cultural Center Restaurant, will be quite special: Mizé and her excellent staff will prepare another 20+ something Christmas Buffet, with more treasures and surprises (to eat) than is imaginable. No one has ever left these feasts hungry, and the Christmas Lunch will not be the first. Come prepared to enjoy a wonderful dining experience, and wash it down with the all-you-care-to-drink red or white wine, soft drinks, bottled water, coffee or tea. Join in the 'spirited' fun of Christmas in this unique way by giving a precious gift of choice to Portuguese children who have very few personal gifts of their own.

The Luncheon fare is 25€ payable in cash at the door, and includes everything: even a wonderful choice of desserts. Luncheon Reservations are necessary, and must be received

by the absolute deadline of Noon, Monday, December 14, by sending an email to ddprice98@hotmail.com -- all reservations will be acknowledged.

Speaker: AmP has a very special Gift, quite fitting for this occasion: Joana do Vale, a young adult woman who grew up in, and still lives at the SOS Village, will tell us about her lifetime experiences there, and what growing up in the Village has meant to her. This poignant presentation is guaranteed to soften your heart, and likely bring tears to many an eye, even amongst the strongest of souls. You will not want to miss hearing her amazing story. Also attending, and speaking briefly, will be Nuno Tavares, Director General of the Aldeia SOS.

AmP will have some donated gifts to give to a few lucky attendees, but everyone who comes will be gifted by the experience. We look forward to seeing our many friends and meeting the several new comers who have already made reservations.

Manueline Architecture

Monday 14 December 7 pm, ASCA, Rua do Comunitário, Almancil

The Manueline style in Architecture flourished during the reign of D Manuel I and of his son D Joao III (c 1495 - c 1535). Contemporary monarchs used painting and sculpture, tapestry and religious vestments, objects in silver and gold, books, documents and festivals as well as the architecture of religious, civil and military buildings to display their power.

As D Manuel saw himself as the leading figure in the expansion of the faith, and as such a successor to the Emperor Constantine, and he used the eponymous

Manueline style to proclaim the success of his own regime. There are many examples of this style in Portugal, some in the Algarve and yet more overseas.

Peter Booker will examine the background of this singular architectural style and discuss its geographic spread, together with its place in the history of Portuguese overseas expansion, and he will give the lie to the idea that the rope forms an essential element in the Manueline.

information: lynne.booker@iol.pt 281 971 567

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Muddy Cogs bike rides

Saturday - Movers - 28th November

Starting Point

Figueira - Take the A22 towards Portimao and exit at junction 4. Head south towards the N125 and then head west towards Figueira. Turn into Figueira and aim north towards the main church on R.25 Abril . Park anywhere you can along here .

Let's meet here at 10.15 'ish Start Time 10.30 am. This week's ride is around 35km and is mainly on dirt tracks and tarmac!

We pass through some beautiful quiet countryside and there will also be a cafe stop. An interesting and varied ride and one definitely not to be missed, I am sure that you will enjoy this ride.

Sunday - Shakers - 29th November

Starting point

Tavira - Close by the modern new river bridge on the southern edge of town behind the Vila Gale hotel is the modern market with a large car park behind the market. Let's meet here at 09.45

Start Time 10.00 am This ride will be around 30 km, but there will be options to shorten or extend depending upon how riders feel. We will cycle mainly on quiet roads and occasionally flat dirt tracks in the area towards Spain . This is a mostly easy and pleasant ride with a cafe stop .

Bike Hire - Transport

If you need bike hire or transport, then please do let me know in advance so that this can be arranged.

Paul Beesley
Activity Algarve
Mobile (+351) 913 226 954
Email paul.beesley@sapo.pt
web www.activityalgarve.com

Christmas shopping in Seville



What a great idea to go shopping in Spain where the prices are cheaper and where you can also enjoy the sights and sounds of the beautiful city of Seville. The most convenient and comfortable way to get there is with a chauffeur who knows how to get there, where to drop you off and pick you up at the end of the day. The 'VIP Chauffeurs' driver will also provide you with all the maps and information you need to get all your Christmas shopping in one day.

VIP Chauffeurs are offering luxury shopping trips to Seville during the month of December. You can travel in comfort and style, and have the personal service of a chauffeur to assist you in Seville.

On the way to Seville you travel in their luxury Mercedes Sprinter with a maximum of 8 people, a very small group. You just relax and watch a DVD whilst the chauffeur safely drives you to Seville. The chauffeur will drop you off at the start of the shopping area and close to the beautiful cathedral; he will also supply you with a map and indicate the suggested shops and markets, plus the pick up point where he will be waiting for you. So no need to walk all the way back to where you

started, just meander your way through the shops, have lunch in one of the many fabulous tapas bars and the chauffeur will collect you at the other end. You will also be given details of the contact number for the chauffeur, other emergency numbers and locations of the tourist office and other useful information.

During the day the chauffeur, who remains with the vehicle all day, will meet the group if they wish to take any bags and stow them safely in the bus. Also, for those passengers who have had enough shopping, there is the chance to spend the afternoon sight-seeing. If requested by the passengers the chauffeur will drop them at the departing point of the boat trips or open top bus tours, and passengers get the chance to enjoy the sights and sounds of the city. Or, if the passengers wish to carry on shopping then they can just drop their bags and keep on going.

After a full day the driver will meet you and you just sit back and relax, watch a DVD or take a nap whilst the chauffeur heads back to the Algarve. All in all making Christmas shopping a real pleasure and for just € 39 per passenger.

CLCC's seasonal treats

CLCC's Christmas Fair

Since 2001 CLCC in Portimão has organized a Christmas Fair here at our school. Every year in December, about 30 to 40 handicraft artists and stallholders are invited to promote and sell their products, as well as international food.

One of the main objectives of CLCC's staff has been to create an international Christmas atmosphere at the Center with Christmas decorations, a choir, and other surprises, which have become traditions of the CLCC fair.

VI CLCC's Christmas Fair

On the 6th December, a Sunday, from 10 am to 5 pm, the VI Christmas Fair will be held at CLCC.

You will find international and regional food, handicraft, etc on sale for interesting Christmas gift ideas. During the event a choir group will sing Christmas songs. There are still a few free spaces available for stands. If you are interested in reserving one

of the stands, please feel free to contact CLCC (www.clcc.pt).

The entrance for the public is free.

Portuguese Courses

New this school year are two year-long courses in the evening. On Monday evening there is a conversation course at intermediate level, and on Wednesday an Intermediate Portuguese course, in which we will brush up on grammar and do exercises.

Beginners course level I and level II are taught in courses of 2 months or intensive ones of 3 weeks, throughout the year every time we have the minimum number of students. The intensive one as well as the evening course are planned for January. We still have places available, so register now and join us!

If you already know some Portuguese, you can make an appointment with one of our teachers to see at which level you can start. We will do everything we can to help you learn Portuguese!



Algarve Helicopters is the perfect place to watch your dream take off



AlgarveHelicopters offers helicopter training in a friendly, safe and relaxed atmosphere. Algarve Helicopters provide:

Introductory Flight Lessons: Take in the spectacular views of the Algarve coastline while you take controls of a helicopter. Where better to take your first helicopter flying lesson than Portugal's beautiful Algarve?

Flying a helicopter for the first time is one of the most exciting, thrilling and memorable experiences you'll ever have. A trial lesson is the ideal introduction to learning to fly and the first step in an incredible adventure.

They also offer Gift Vouchers which make a very special gift whether it's for someone you love, a good friend or a valued member of the family. It's an incredible experience that they'll remember for the rest of their lives. A Helicopter lesson is ideal for: Milestone Birthdays (18th, 21st, 30th, 40th, 50th, etc.), anniversary presents, extreme sports enthusiasts, thank you gifts and more.

Gift Vouchers are available for 20, 30 and 60 minutes. They offer a practical demonstration and overview of the Helicopter Training Programme.

You can train in one of the most idyllic training locations in the world.

The experienced professional instructors will guide you every step of the way. They meet your requirements and provide hour building, pilot accommo-

modation, private pilots licence.

Algarve Helicopters also provide services such as aerial photography, scenic and pleasure flights, sight-seeing, wine tours, sporting events and weddings.

Algarve Helicopters was founded by three Irish pilots with a passion for the Algarve and more than 20 years flying experience and over 8000 flying hours between them. They are professional experienced instructors that hold both JAA and FAA licences and have flown multiple types of helicopters whilst working in aviation for the past 10 years for corporate VIP clients.

Company founder 'Capt. Jim Cranwell' explained 'I've been coming to the Algarve for many years and have often thought that it was the perfect environment for flight training. After conducting several trips throughout the past year, we found that dream location. The facilities, climate and the people exceeded anything that we'd hoped for and so the dream began. Their aim is to provide a safe and friendly environment for anyone interested in starting to fly or pilots wishing to progress further in their aviation careers.

A quote from Leonardo Da Vinci, the inventor of the helicopter: "When once you have tasted flight, you will forever walk the earth with your eyes turned skyward, for there you have been, and there you will always long to return."

THIS WEEK'S PROFILES



Algarve Helicopters

For more information on Algarve Helicopters, please email algarvehelitraining@gmail.com, call 916 262 888, or visit their website: www.algarve-helicopters.com. They are based at the Alvor aerodrome.



VIP Chauffeurs

If you want to book your place, please call VIP Chauffeurs and make a reservation, the groups are small groups and places are limited. Tel: 914 479 300



CLCC

For more information on CLCC and their courses, please call 282 430 250, email geral@clcc.pt or visit their website: www.clcc.pt



JJ Enterprises

For a free demonstration of the ceramic heaters in the Algarve, please contact JJ Enterprises on 938 168 354, 967 516 981 or email jfc151@msn.com.

If you would like us to profile YOUR business, call our Sales Manager on 707 500 677

Keep warm this winter with JJ Enterprises outdoor heaters



Simple Installation
Controllable
Economical

JJ Enterprises have recently introduced a solution to keep customers warm and comfortable during the colder winter months with outdoor ceramic heaters. They work by gently warming people and furnishings and not the air in between. Electric patio heaters are ideal for use in pubs, clubs, café's, restaurants or any commercial environment that require outdoor heating, whether covered or not. They are also safe, easy to install, more convenient and cost effective, compared to the alternative gas outdoor patio heaters. An addition to JJ Enterprises outdoor heating solutions are the infra-red heaters, providing uninterrupted warmth during cold nights.

In line with changing customer trends, more people are choosing the freedom of an outdoor environment to enjoy a sociable drink or meal with their friends, and the ceramic outdoor heaters provide the solution with several benefits, such as: they are extremely safe (reduce the risk of accidents and fire), produce no fumes, save money, electric heating is 90% cheaper to run compared to gas heating, the units are mounted above and out of the way (making it easier to organise seating and tables), there are no expensive gas bottles to replace or store, they have 10,000 working hours guaranteed, no glass or bulbs to worry about and they are easily installed and require no maintenance.

Game for anything

Now's the time to try all that tasty sounding game like duck, pheasant and wild boar. During game season, we find out how to get involved (with the eating side of things, that is).

Raised Partridge Pie.



Raised partridge pie

Raised pies may look tricky to make but they are actually rather easy. (Serves 8-10)

500g lean pork shoulder, diced into 1cm cubes
375g minced belly of pork
100g smoked streaky bacon rashers, finely sliced
8 partridge breasts, skinned
2 blades of mace
12 sage leaves, finely sliced
1 egg, beaten
For the hot water crust pastry:
260g lard
1 tsp salt
750g plain flour
1 tbsp icing sugar
1 egg

Method:

Starting with the pastry, pour 300ml of water into a stainless-steel saucepan, add the lard and

salt and bring to a simmer over a medium heat. When the lard has completely melted, add the flour and icing sugar and beat it in thoroughly with a wooden spoon. Turn the warm dough out onto a clean surface, make a well in the centre and break in the egg. Knead the egg into the dough by pulling in the sides of the pastry over the egg surface, pushing down, turning and repeating. It will incorporate quite quickly so continue kneading until the dough is smooth, about three minutes.

Remove a quarter of the dough, pat it into a disc and set aside to cool. Form the remaining dough into a large disc, place that into the bottom of a 24cm spring form tin and slowly and carefully work the pastry up the

sides of the pan with your finger tips, making sure there are no holes or gaps. Cover and chill for two hours.

Preheat the oven to 200C/Gas Mark 6.

Place the pork, bacon, mace and sage into a large bowl, season with a good pinch each of salt and freshly ground black pepper and mix together until all is well combined. Place half the meat filling into the pastry shell, but don't pack it in too tightly - leave a little room around the edges. Season the partridge breasts and lay them overlapping the pork and then top them with the remaining filling, dome like, leaving a small gap around the sides to tuck the lid into.

Roll out the remaining pastry into a 25cm disc, and drape it over the top of the filling. Dampen the pastry edges with the beaten egg and pinch together to seal well all around.

Make a hole in the centre of the pie, brush the top with the beaten egg and place onto a baking tray. Bake for 30 minutes, then turn the oven down to 180C/Gas Mark 4 and cook for a further 45 minutes. If the pie begins to colour too much, cover it with a sheet of foil.

Remove the pie from the oven and leave to rest for five minutes before removing the spring form ring. Brush the sides of the pie with a little more beaten egg and return to the oven for 10 minutes more. It should be crisp and a lovely golden brown all over.

Cool slightly before serving warm, or cold, with a sharp chutney or piccalilli.

We've just about got to grips with the fruit picking seasons, some might even hazard a guess at the seasonality of vegetables, but we're still very attached to the idea that animals remain fairly constant all year round.

When it comes to seasonal meat, words like venison, partridge and grouse are often just a step too far for everyday cooks.

But luckily, chef Tom Norrington-Davies is a man on a mission. He and colleague Trish Hilbert, who have worked together at celebrated London restaurants Great Queen Street and The Anchor and Hope, want to share their all-consuming passion for game meat with home cooks.

They say game is tastier, healthier and more interesting than the generic run-of-the-mill meats found on supermarket shelves - and just as versatile.

"Next time you find yourself slathering a chicken breast with a marinade to save it from mediocrity, try swapping it for something that has literally walked on the wild side, and tastes like it," Norrington-Davies says.

"Next time you find yourself worrying about the way your pork chop was treated on the farm, consider the genuinely free-range lifestyle of a rabbit, or a deer, or any number of other animals that roamed where they liked, and ate what they wanted."

If that doesn't convince you, perhaps the pair's gorgeous new book will do the trick. *Game: A Cookbook* is an encyclopaedic guide to the world of game - from snipe to squirrel, rabbit to rook -

that proves there's more to game than just roast grouse and jugged hare.

Norrington-Davies and Hilbert say they look forward to winter's dark days because game meats are more plentiful during the colder months.

"The reason we don't spend those colder months dreaming too much about the summer is probably because our cooking is dominated by the huge choice of game on offer. Game is not winter food by any means, but it is the best thing about that time of year."

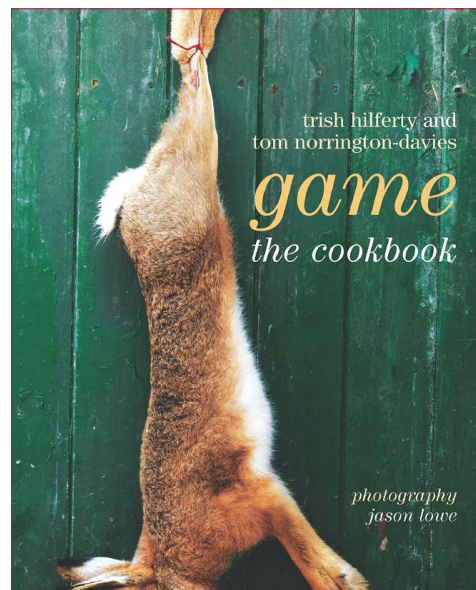
The book has plenty of advice for those unsure about what cuts of game to look for - and how to cook them. Recipes are divided into sections for animals with two

legs (game birds such as grouse and partridge), four legs (furred game such as hare and venison) and fish.

While some of the more unusual choices such as wild boar vinaloo or grilled rook with romesco sauce will offend game purists, the book also features recipes for classic roasts and traditional game trimmings.

"Game never seems to taste the same twice," Norrington-Davies says. "Just like a brilliant wine and its terroir, or a spankingly fresh oyster and its riverbed, game has such a close relationship with nature that it manages to delight and surprise you on some level every time you cook and eat it."

Lucy Corry



Game: A Cookbook, by Trish Hilbert and Tom Norrington-Davies, pub. by Absolute Press, priced €28.

Wild boar vinaloo

Forget about those nonsensical versions in late-night curry houses. The real vinaloo is a surprisingly light dish from Goa in southwest India. Wild boar is the best meat for making a (sort of) authentic version of vinaloo because it is not unlike the semi-wild pigs that roam Goa's beaches and palm plantations. You can easily swap the wild boar for pork.

This dish is great with rice, but it is just as good with bread or potatoes, and you can make it up to three days in advance of eating. (Serves 4)

1kg diced wild boar (shoulder meat is best)

1 1/2 tsp salt
1/2 tsp freshly ground black pepper
125ml red wine vinegar
4 tbsp mild olive or vegetable oil

1/2 cinnamon stick
8 cloves
6 cardamom pods
1 level tsp crushed dried chillies (use less if you don't want heat)

1/2 tsp fennel seeds
1/2 tsp ground turmeric
1/4 of a nutmeg, grated
3 onions, diced
8 cloves garlic, chopped roughly
1 x 400g tin peeled plum toma-

atoes

1 tsp sugar
6 green chillies (optional)

Season the boar with half the salt and the black pepper. Add the vinegar and half the oil and stir them through the meat. Set the meat aside.

Next prepare the spices. Grind the cinnamon, cloves and cardamom. Combine them with the dried chillies, turmeric and nutmeg. Heat a dry frying pan over a gentle flame and roast the spice mix very gently for about a minute. You will smell the flavours "unlocking". As soon as they do this tip the spices over the meat and stir them through.

Heat the remaining oil in a casserole or large saucepan. Add the onions and garlic with the remaining salt and fry them in the oil gently, until they just start to brown. Remove them and set aside.

Now turn up the heat a little and fry the meat all over. Once it is done, return the onions to the pan. Add any

marinating juices left from the meat bowl. Squish the tomatoes using your hands, in a colander, so that the juice has gone and only a pulp remains. Add this pulp (not the juice) and the sugar to the pan. Bring the mix to a simmer, and the meat will start to let go of more of its juices. If it looks at all dry add just enough water to loosen the ingredients (but not enough to make it look like a stew). Cover the pot and cook the vinaloo as gently as possible for at least two hours, or until the meat is tender enough to cut with a spoon.

Finally, if you want the heat they will bring, add the green chillies, sliced, to the finished dish.



Wild boar



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PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 28 Nov 2009

PROPERTY OF THE WEEK

Priced to Sell

LAGOS - Marina de Lagos A -113

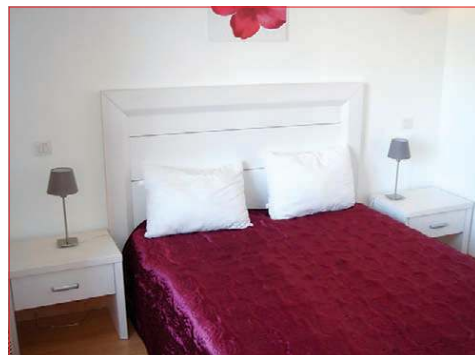
Recently reduced to a price for a quick sale, this lovely and very well located 2 bedroom apartment, located in one of the most prestigious Marinas on the south of Europe, offers great views, from the living room and it's private veranda, to the boat piers.

Built in 2006, still with builder's warranty, the property as a private parking on the basement, has air-conditioning and is sold fully furnished and equipped.

Ideal for holidays or a great income on summer lets, high season is rented easily by €850 per week, this unit is part of the prestigious marina complex and allocated in Vasco da Gama building on the last phase constructed.

Call me today for a visit on this great, and maybe your next, investment.

Price - 275.000 € (open to offers)



Character and Charm

LAGOS - Pedra Alçada (near Boavista Golf Resort) M -133

Located just less than 800 meters from Boavista Championship Golf Course, this charming and attractive 2 storey Villa offering very spacious accommodation is set on a lovely plot with a well designed and mature garden.

The accommodation comprises a huge living room with fire place, dining room, magnificent fully equipped kitchen, office or 4th bedroom, cloakroom and a massive entrance hall on ground floor, plus 3 bedrooms on the first floor. The master bedroom has total area of 38 sq.m. with dressing area and a stunning bathroom.

The garage, attached to the house has a direct access to the hallway.

The property was recently refurbished and the finishing's used are the top of the range in quality and good taste.

For those who like a functional well equipped and well designed kitchen, this one is offering from the huge American fridge to the fitted espresso machine and the splendid cooker and is the perfect place to spend delightful hours preparing the meals that could be taken on the al fresco back garden, or near the fabulous Jacuzzi area on the front of the house.

The cherry on top of the cake

is its price; you will not find better relation on price/property.

Must be seen!
Price - 449.500 €



For the best advice in the Lagos area, please contact João Nunes, from RE/MAX Diamond, on 917 771 849, email joão.s.nunes@gmail.com, or visit their offices on Rua Francisco Xavier Ataíde de Oliveira, next to the BPN bank.



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**Ref 942 - € 260,000
NEW ARRIVAL**
House with private pool 1km from Altura beach and close to supermarket and all local facilities. Lounge w/ fireplace, equipped kitchen, four bedrooms (one converted from the garage and three bathrooms). Good for holidays or permanent living.



**Ref 941 - € 240,000
NEW ARRIVAL**
Very large end of terrace townhouse with shared pool, very close to Benamor Golf Club and not far from Cabanas beach resort, three generous bedrooms, three bathrooms, patio w/BBQ, lounge with fireplace, equipped kitchen and garage. Great price for the area.



**Ref 940 - € 315,000
NEW ARRIVAL**
Nearly new semi detached close to Tavira, full central heating, central vacuum system, lounge w/ fireplace, equipped kitchen, very large patio and roof terrace with ocean view. Four bedrooms, three bathrooms and large basement garage.



**Ref 945 - € 595,000
NEW ARRIVAL**
Beautiful very generous detached villa with private pool, situated on the boundary of an exclusive development with views of the natural reserve. Extremely private and has many terraces to enjoy the sun. 5 double bedrooms in total and 4 bathrooms, enormous master suite with dressing area. The lounge is spectacular with wood burner flowing through to dining area and very well equipped kitchen, light airy and open plan, fully air conditioned, central vac system, garage and off road parking for two cars. Bonus is very large self contained one bedroom apt. in the basement which has sliding doors to the pool area. Fantastic property must be viewed!



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Vilamoura

Small attached villa, located in a private condominium, composed of 1 bedroom, 1 bathroom, lounge w/ dining area, kitchen, storage & terraces. Private garden & BBQ. Furnished & equipped. Communal sw. pool & garden area. Plot area: 181sqm. Constr. area: 68sqm.
Ref: V12639 Price: € 160,000



Vilamoura

Spacious 3 bedroom apartment composed of 2 bathrooms, lounge with dining area, kitchen, storage and 3 terraces. Furnished and equipped. Communal swimming pool and garden area. Construction area - 137 sq. m.
Ref: A1297 Price: € 190,000



Estói

Country villa composed of 4 bedrooms, 1 bathroom, lounge with fireplace, dining room, kitchenette, storage & laundry room. Parking area, sw. pool, garden & various fruit trees. BBQ. Furnished & equipped. Constr. area: 210sqm. Plot area: 1.680sqm.
Ref: V12612 Price: € 198,000



Vilamoura

Attached villa situated in a private complex, composed of 6 bedrooms, 4 bathrooms, lounge w/ dining area and fireplace, equipped kitchen, storage, various terraces and roof terrace with BBQ. Communal swimming pool and garden area. Sea view.
Ref: V12629 Price: € 399,500



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Tavira

New 5 bedroom villa w/ large pool & small lake enjoying sea views & privacy on landscaped plot of 15.560 m2. Living area of 307 m2 & basement of 192 m2. High quality construction and specifications. Easy access.
Ref: LHV-937 Price: € 1.200.000



Estoi

Unique, modern, split-level villa with pool & guesthouse offering privacy & breathtaking views towards the coast. Covered area: 360 m2, plot: 2140 m2. enjoying Good quality construction.
Ref: LHV-1063 Price: € 1.200.000



Santa Catarina

Lovely 4-bedroom quinta (265 m2) with many typical Portuguese features. Swimming pool & beautiful gardens. Plot of 9840 m2. Spacious double-height living area. Easy road access. Good value for money.
Ref: LHV-866 Price: € 590.000 (Reduced from € 799.000)



Tavira

Luxurious 4 bedroom villa (430 m2 covered area) with swimming pool on preferred location in Tavira. Large living room with adjacent dining area, Italian design kitchen, high quality building materials and finishing. Plot of 1074 m2 enjoying country views.
Ref: LHV-901 Price: € 749.000



Near São Brás

Offers invited! Outstanding 3-bedroom villa (177 m2) with pool & garage (41 m2) set on a 2500 m2 plot offering far-reaching views. Tastefully chosen materials, under floor heating, air-conditioning. Worth a viewing.
Ref: LHV-1066 Price: € 465.000

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Ref. C1141
Price: € 280.000



Olhão

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- Main villa 3 bed 2 bath
- Guest villa 1 bed 1 bath
- Guest cott. 2 bed 2 bath
- Pool, lovely gardens, BBQ
- Bldgs 863m² plot 2.8 ha.

Ref. V618
Price: € 745.000



Santa Bárbara de Nexe

- Luxury spacious villa
- Magnificent coast views
- 4 bedrooms 4 bathrooms
- Pool, terrace & barbecue
- Beautiful gardens
- Villa 297m² plot 3.100m²

Ref. V959
"Quick Sale" - € 525.000



Carvoeiro

- Beautiful luxury villa
- Beachfront & ocean views
- 3 bedrooms 3 bathrooms
- Large pool 12m x 6m
- Landscaped garden
- Villa 250m² plot 1.224m²

Ref. V1071
Price: € 1.200.000 negotiable



Santa Catarina

- Attractive spacious villa
- Lovely views to coast
- 4 bedrooms 2 bathrooms
- Heated pool, terraces
- Garage, garden, eira
- Villa 230m² Plot 3.228m²

Ref. V1234
Price: € 425.000



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ESTOI

Ref. V82185 - Price Reduced
Spacious 5 en suite bedroom detached villa on very quiet & residential area near Borda de Estói village. 6.300 sq.m. plot w/ 430 sq.m. constr. area. 2 bedroom apartm. annex to main villa. Recently refurbished to very high standard. Fitted kitchen. Alarm & surround sound sys. A/c. Large landscape garden, sw. pool & BBQ area. South facing, fabulous panoramic country & sea views. Excellent potential. Unique architecture.

Price: € 1.400.000,00



ALMANCEL

Ref. V82043 - Price Reduced
Located in very quiet area nr Vale do Lobo 'Golden Triangle'. 627 sq.m. plot w/ 365 sq.m. constr. area. Granite floors. 4 rooms (3 en suite). Fully fitted kitchen, laundry, A/c, central vacuum & surround sound sys. Garages w/ electric gates. Games & cinema room on gr. floor, 5/6 carpark. Private garden w/ salt water sw. pool, double BBQ - Summer kitchen. Hot water garden shower. South facing, partial sea view, 5 min from beach. Alarm/CCTV. Must see!

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VILA SOL

Ref. A82200 - Price Reduced
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LOULÉ

Ref. V92511 - Rare opportunity
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Ref. M-119
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Price: 1.200.000 € ID 123041007-5

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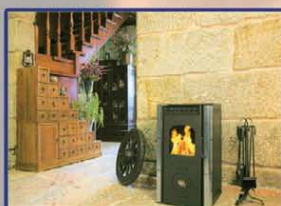


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 Estate Agents - Mediação Imobiliária AMI 789 Established since 1980 Av. Tivoli - Aldeia do Mar 8125 Vilamoura (next to Jaffers supermarket) Tel: (+351) 289 389 393 Telex: (+351) 919 447 735 info@urbinvest.net www.urbinvest.net	 Luxury complex situated in front of Millenium golf course. 2 and 3 bed apartments & Townhouses. Garden, sw-pool. Large private terraces, closed garage for 2 cars. The great quality and location makes this a Unique investment. Ref.: 2822 Promotion € 325.000	 Lovely 3, 4 & 5 bedroom townhouses. Large lounge with spacious terrace. Private closed condominium with sw-pool & fantastic green areas, surrounded by pine-woods, close to "The Old Course" golf, a few minutes from the center. Ref.: 1298G From € 357.500	 Excellent Studio apartment in center of Vilamoura, just a few minutes walk from the Marina. Fully furnished and equipped. Very nice views. Extra store space in basement. This is a fantastic & unique opportunity for your holidays or for rental income. Ref.: 2931 € 70.000	 Fantastic opportunity: 4 bed Townhouses, fitted kitchen, fitted wardrobes, large terraces on the first floor, private garden area with carport for 2 cars. Excellent quality finishings, solar energy. Just a few minutes from Guia and Algoz Ref.: 2784 € 230.000	 Spectacular two bedroom apartments, equipped kitchen & large balcony. Private condominium with garden & sw-pool. Private parking. Situated in front of Ria Formosa, the view is absolutely incredible! Promotional price. Ref.: 2159 From € 199.500

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Contain your own winter wonderland

If you're looking for colourful pots which will last a bit longer than a few shortlived pansies this winter, it's worth shopping around for evergreen and berried shrubs and grasses.



Gaultheria mucronata (Wintergreen).

Garden centres are now awash with winter cherries (Solanum capsicastrum), bearing large bright-orange berries which look tempting but may not last too long outside unless you give them a really

sheltered spot.

A better bet for a splash of colour in a contemporary pot would be Callicarpa bodinieri 'Profusion', a hardy shrub which produces bright-purple berries in winter, standing out among underplantings of ivy and winter-flowering heather.

Some shrubs last well in pots and can then be successfully grown in the garden. Skimmia 'reevesiana', a hermaphrodite producing vibrant red berries, looks wonderful in pots, as does its relative S. japonica 'Rubella', with its deep-red flower buds, which can be a vibrant focal point in any container.

If you transfer skimmia from their pots to your borders in spring and you want berries in future years, make sure you grow male and female plants together. 'Foremanii' is female and produces large bunches of berries, while 'Fragrans' is male and recommended for its floral fragrance.

You may see a lot of Gaultheria (Wintergreen), these small shrubs in garden centres bearing their colourful red or purple berries at the moment, and they can

be easily grown in pots of ericaceous compost or in a garden with lime-free soil in partial shade.

Gaultheria is most commonly seen as ground cover under rhododendrons or camellias, but if you want a taller variety you can choose G. shallon, which grows to 1.5m, producing dark purple berries.

Others, such as G. mucronata, are more suitable to add low-growing interest to containers or borders, with their large porcelain-like berries in shades of dark pink, red and white appearing in November.

Male and female flowers are nearly always borne by different varieties, so you need to plant more than one type to be sure you will have berries. Female varieties include 'Cherry Ripe' and 'Lilian', while male types include 'Thymifolia' or 'Male'.

Deep-coloured heucheras also remain pretty hardy over the winter, contrasting well with variegated euonymus and seasonal accent plants including cyclamen from the Miracle Series, which will flower for weeks and tolerate mild frosts.

Viburnum tinus is another reliable evergreen shrub which can comfortably fill a winter pot. Its buds reveal a dark pink tint when they open, later lightening to pure white as the flowers open between late winter and early spring.

When planting your winter pots, buy a container labelled 'frost-proof' rather than 'frost-resistant', which will withstand the British weather more effectively. Line the inside of the pot with plastic bubble-wrap to prevent compost from freezing and damaging the roots, but don't cover the drainage hole. Line the base of the pot with crocks or chunks of polystyrene to ease drainage.

Half-fill the pot with compost. For permanent plantings of shrubs and perennials, use a soil-based compost such as John Innes No 3, which holds on to water and nutrients well while encouraging good air movement and drainage. Sit the rootball of your main plant about 2.5cm below the container rim, initially sitting the plant in its pot in the container to gauge the right depth.

Knock your plant out of its pot and position it in the container, holding it steady as you add more compost to secure it,



Cyclamen Miracle Series.

and raise the level of compost to suit the other plants.

Many people forget about grasses in the winter, but it's a time when they can come into their own in pots, adding huge architectural value and texture to the scene. And you can always transplant them into your garden when winter is over.

Sculptural grasses such as Carex comans 'Bronze form' can make a striking formal feature, while tall containers look great with sword-like phormiums and sedges, mixed with the cascading foliage of carex. They are extremely low maintenance and highly visual, particularly in winter when not much else can steal the limelight.

Alternatively, use a tall grass planted in a pot on its own, such

as Stipa gigantea, a densely-tufted evergreen type that'll look great on a frosty morning and wave in the slightest breeze.

Of course, if you are a flower fan and want to make the most of winter blooms, you could plant up some hellebores in pots, which will provide a terrific display of foliage and flowers throughout late winter and early spring, in shades of white, cream, yellow, green, pink and purple through to almost black. They do particularly well in partially-shaded areas.

There's really no reason that you can't have beautiful winter containers of plants which you can transfer to beds and borders at a later date to give you pleasure in years to come.

Hannah Stephenson



Viburnum tinus Laurustinus.

Three ways to... make the most of evergreens

1. Choose evergreens which have shiny leaves that reflect light, rather than the matt-leaved varieties which can look dull in winter.
2. When planting evergreens, water them well and keep well-watered throughout their first summer to stop them going brown underneath, by which time it's often too late to do anything about it.
3. Use evergreens in repetition. Box balls or upright junipers look great lining the pathway to houses or defining a patio.



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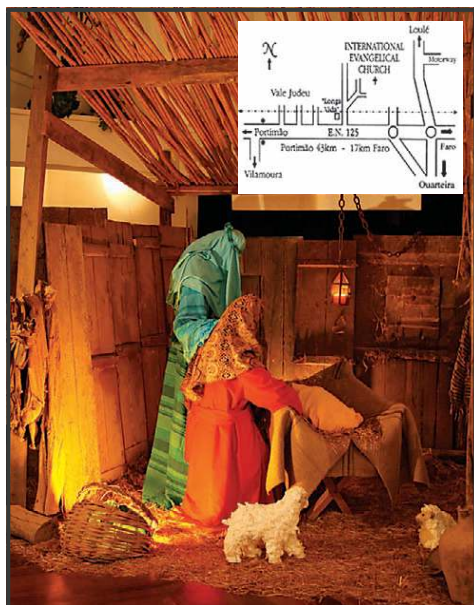
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Christmas in Vale Judeu



Nativity Scene in the church at Vale Judeu and inset map showing church's location.

The International Evangelical Church of the Algarve would like to invite all who live in the Algarve and are visiting over the Christmas period to come and worship with us as we celebrate the birth of our Lord Jesus Christ.

The activities leading up to Christmas are:

November 29 10:30am 1st Advent Service; December 04 7:30pm Joint Advent Carol Service of the English Speaking Churches of the Algarve; December 06 10:30am 2nd Advent and Christmas Family Service (with Children's Dramatization of the Christmas Story); December 13 10:30am 3rd Advent Service; December 20 10:30am 4th Advent Service; December 24; 7:00pm Christmas Eve Candlelight Service (with life size manger scene). (we are not having the Christmas tree this year as it is a fire hazard, but will have lots of candles everywhere!) Come and join us in the chapel on the hill to hear God's word and be blessed by Christian fellowship. Merry Christmas!

Hannelore Singh

Christmas Bazaar & Nearly New Sale

The Community Centre in Almacil (ACCA) is to host a Bazaar and Sale on Sunday 29 November between 10.30 and 16.30.

The Event is in aid of the Community Centre in Almacil who do a great job caring for the elderly, The Bombeiros and local Animal Welfare, mainly for sterilisation.

Christmas items, nearly new Clothes, Accessories, Books, DVDs & CDs, Toys, Bric-a-Brac, Household Items and Much More will be on sale.

Donations of any of the above, in good saleable condition, can be left at the Centre Dining Hall on Saturday 28 November between 15.00 and 17.00.

Alternatively call the Organisers on 91 9149103 or 93 8843800 to arrange pick up or delivery.

Also on sale will be a range of luxury handmade cakes and biscuits.

Please support this fun event in aid of 3 very worthy causes.

All you want for Christmas

"All you want for Christmas" will be at the NETWORK Spirit of Christmas Fair taking place on Bank Holiday Tuesday, 1st December at the Hotel Garbe in Armação de Pêra from 1100 till 11700.

This year in an exciting new development the Algarve's biggest and best Christmas Fair will be held in the main Por do Sol Restaurant, which is extremely spacious and light, has spectacular views of the beach and access to the terraces.

The fair at the Hotel Garbe has grown to be one of the most popular in the region, hundreds of people come from far and wide.

Something for everyone in the family as Mums and Dads love the opportunity to do their Christmas Shopping, children flock to see Father Christmas and the seasonal carol singing will create a traditional atmosphere that everyone appreciates.

Gifts Galore, as well as all those special Christmas traditional treats will also be on sale, - homemade Christmas Puddings, candles, boxes of Christmas cards, handmade tree decorations, crackers, novelty stocking fillers to name but a few.

Don't miss this opportunity to do all your Christmas shopping under one roof.

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Stay for lunch - the Raj Indian Restaurant will have its famous Indian buffet running from 12.30pm onwards. Or enjoy a turkey sandwich and a mince pie in the Hotel Bar.

Don't miss Father Christmas and his Magic Elf arriving in his "sleigh" to open the Fair at

11.00am. The Silves Keep Fitters Carol Singers will welcome Santa at 11.00am and then sing many of the traditional Carols that we all know and love at Christmas time in the Bar Boa Vista at 11.30am and 3.30pm.

A Grand Raffle and Tombola will raise funds for the NETWORK Charity of 2009, the Bom Samaritano in Alvor.

Street theatre, Carol singing, Fashion Flashes and Dancing Displays will make up the entertainment programme of the day.

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For more information please contact Verna Kinder on 282 449395 or Vicki Good on 282 320260



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Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

Three ways to...

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Did you know ...

Teenagers whose mothers smoked during pregnancy are more likely to experiment with drugs, according to a new study.

The University of Nottingham research found children exposed to cigarette smoke in the womb were more likely to experiment with alcohol, tobacco and cannabis.

This is because prenatal exposure to maternal smoking may affect the development of the orbitofrontal cortex, a part of the brain which evaluates rewards and regulates emotion.

Academics analysed MRI scans from almost 400 teenagers and found that those born to mothers who smoked during pregnancy had a thinner orbitofrontal cortex.

Scientists then found those suffering from a thinning of this part of the brain were more likely to experiment with a wider range of drugs.

The most commonly-used illegal substances among the participants in the study were alcohol, tobacco, cannabis, stimulants and psychedelic drugs.

'Tis the season to



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Fashion magpies, avert your eyes or risk bankruptcy. This season the high street practically glimmers with high-shine sequins and bling embellishment by the bucketload.

Sequins have always been a staple for the party season but this winter all that shimmers and shines has really taken hold in planet style for both daywear and disco attire.

In response to credit crunch doom and gloom, designers lightened the fashion mood with 1980s-style good-time dressing. The likes of Gucci, Balmain,

Julien Macdonald and Ashish put the catwalk front rows into a sequin trance with lashings of OTT glamour and glitter.

But whatever your sparkle tolerance level, there's a sequin style for you to shine in, from oversized palette discs through to more subtle beaded embellishment.

Daytime shimmer

How many dresses do you have hanging in your wardrobe that you keep purely for hitting the dancefloor? Take note: sequins are no longer reserved for

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be sparkly

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Get extra mileage out of shimmering clothing by incorporating them into your daywear wardrobe. Pick out just one sequin separate - say skirt, waistcoat or cardigan - and dress around it.

Styling tip: Teaming your sequins with denim and knitwear is a great way to tone down high voltage sparkle. Try throwing a sequin dress or tunic over jeans and team with a chunky cardigan for a hint of daytime dazzle.

Evening sparkle

Chuck out the metallic rule book. There's no need to stick to just one sequin shade.

Designers mixed up silvers, golds, bronzes, blues and greens to create a kaleidoscope of sparkling colour.

If you're conscious about your curves stick to a more delicate smattering of sequins in darker colours like black and slate grey as heavily embellished styles can add bulk.

Styling tip: If you're not a fan of girly fashion, ditch sequin dresses and let your legs shine. Try a pair of shimmering harem trousers or sequin leggings for an unexpected occasion-wear twist.

Dazzling accessories

Sequins aren't for everyone

but even a hint of embellishment can add the wow factor to a tired party dress.

Think of sparkle as your winter tonic for adding interest to dark ensembles - a contrasting sequined accessory will give your outfit instant party appeal.

Whether it's sequin shoes, a sparkly scarf or beaded clutch, choose

one accessory for a high-shine statement.

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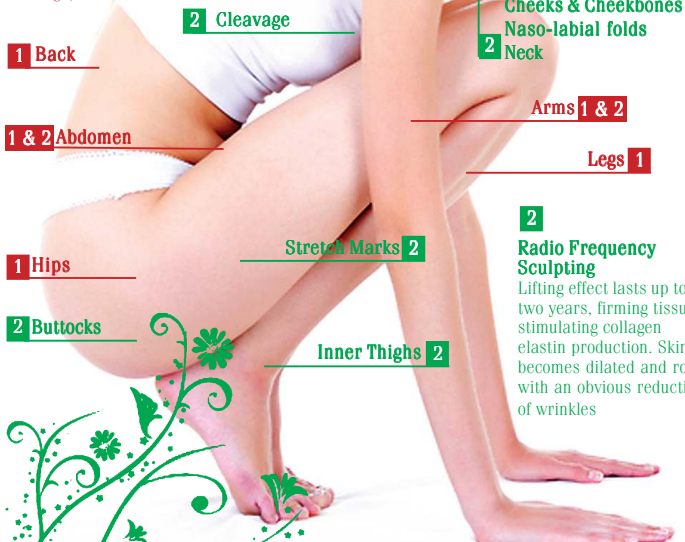
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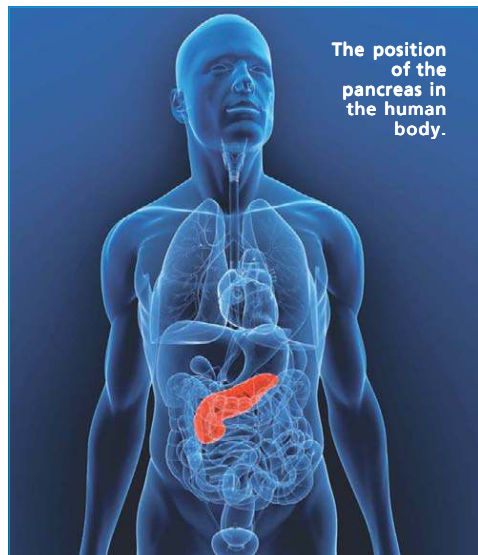
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Pancreatic cancer: The



The position of the pancreas in the human body.

There are 7,700 cases of pancreatic cancer a year and the survival rates are so low. Learn about its symptoms, treatment and how you can donate to help find a cure.

For UK triathlete Trace Allen, illness was a disease that other people suffered - not him. The 65-year-old father of three had spent the past few decades taking part in so many marathons, triathlons and iron man competitions, that he'd barely had the time to be knocked back by even a cold.

So when his skin, eyes and nails started to turn yellow from jaundice in September 2004, the first signs of pancreatic cancer, no one was more shocked than he. "I went into denial that such a diagnosis could be associated with me, a lifelong fitness seeker," he says. "I was fit as a fiddle, but it had still happened to me."

For most, the diagnosis of pancreatic cancer is a death sentence. Its survival rate is the

poorest of any cancer, with just 15% of the 7,700 people diagnosed annually expected to survive one year, according to charity Pancreatic Cancer UK (PCUK).

Unlike other cancers, there is no early detection test and symptoms can sometimes only appear when it is too late. Actor Patrick Swayze was already at stage IV when his pancreatic cancer was discovered in March 2008; he died at the age of 57 in September this year.

Allen, now in his fifth year of remission, is in an extreme minority. Only 3% of people living with pancreatic cancer are expected to survive five years - compared to 80% for breast cancer and 70% for prostate cancer.

Shockingly, while survival rates for every other cancer have



"I went into denial that such a diagnosis could be associated with me, a lifelong fitness seeker," said UK triathlete Trace Allen.

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increased in the past 40 years, the rate for pancreatic cancer has stayed the same, says GP Dr Sarah Jarvis, who, along with Allen, is supporting the first-ever Pancreatic Cancer Awareness Week in November.

"The words 'pancreatic cancer' strike fear into the heart of every doctor - and with good reason," she says. "While survival rates for many other cancers have rocketed in recent years, death rates for pancreatic cancer remain tragically high. We urgently need investment in re-

search to bring hope to the many sufferers from this dreadful disease and their families."

Difficult to diagnose

The pancreas, located behind the stomach and shaped like a leaf, produces digestive juices as well as insulin, to balance the sugar level in the blood.

Pancreatic cancer can affect the pancreas itself, or, less commonly, the cells that produce insulin. However, the pancreas is hidden so deep within the body that diagnosis - and treatment - can be very difficult.

Around 80% of those diagnosed with pancreatic cancer are over the age of 60, according to Cancer Research UK. But symptoms tend not to appear until the disease is well advanced, so the average survival time after diagnosis is just six months.

Risk factors include a history of diabetes, pancreatitis or stomach ulcers. Diets high in fat, sugar and red or processed meats may also increase one's risk.

"Smoking is also a major factor," says PCUK's Sue Bolland. "Around 20% of cases may be linked to smoking. In a few cases, around 1 in 10, there may also be a genetic or hereditary link."

Non-specific symptoms

The symptoms of pancreatic cancer can be non-specific, and could even be caused by many

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silent killer

other more common, and less serious, conditions, says Ballard. Diagnosis can therefore be delayed as other causes, such as hepatitis, gall stones, Irritable Bowel Syndrome (IBS) and stress, are all ruled out.

Early symptoms can include stomach pain, sickness, bowel disturbance or diabetes; later symptoms tend to be loss of appetite, weight loss, back pain and depression.

Around 70% of patients have jaundice at the time of diagnosis, as Allen did, which is caused by a tumour in the head of the pancreas obstructing the bile duct. Jaundice causes yellowing eyes and skin, dark urine, pale stools and itchy skin - and can be very painful, says Allen.

"My skin was becoming so irritated, so itchy, from the jaundice that my arms and legs were completely scratched and

bloody," he says. "It was very upsetting."

Screening and treatment

Treatment for pancreatic cancer depends on the stage and type of cancer, according to Cancer Research UK. Small tubes, or stents, can be inserted into the body to relieve symptoms of jaundice, while radiotherapy and chemotherapy can be used to shrink tumours.

In just 10% of cases is pancreatic cancer operable.

Again, Allen was lucky to be in the minority: his cancer was caught early enough that three surgeries, as well as three rounds of chemotherapy, were able to force the cancer into remission.

He attributes part of his success to a change in diet and life-

style. He eats far more fresh fruit and veg ("I treat tomatoes like medicine, and eat two a day," he says); avoids processed foods and red meat; exercises up to four hours a day; and has worked on lowering his stress by learning to "be as positive as I can".

While there is no screening test reliable enough for those deemed at average risk of pancreatic cancer, those at high risk may be screened through EUROPAC, an organisation which researches pancreatic cancer. If you are aged 40 and over, and have hereditary pancreatitis or a high incidence of pancreatic cancer in the family, you should talk to your GP about EUROPAC.

Purple power

Pancreatic cancer's abysmal survival rate is due to a lack of research and funding, says PCUK's Ballard, causing the

support and treatment for patients to lag well behind almost every other cancer.

"If we're going to make any progress with pancreatic cancer, we need more research and funds to look at earlier diagnosis, prevention and more effective treatment," she says.

Participants are asked to host 'Purple Days' events like coffee mornings, football games or cake sales, and send the proceeds onto PCUK.

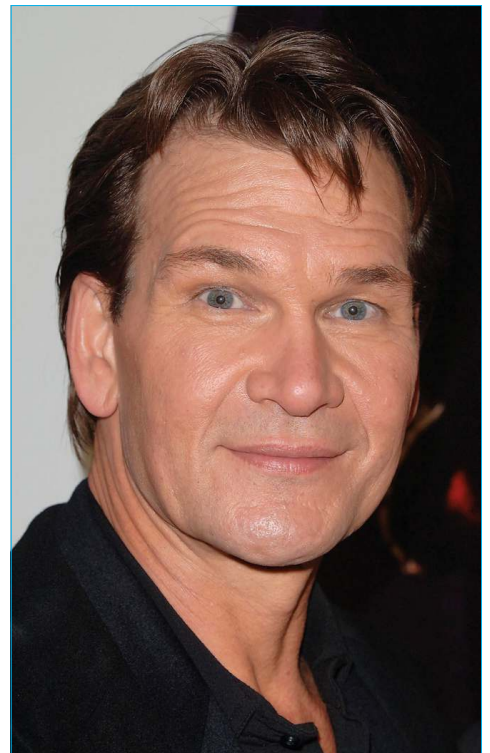
"Many of us know someone either directly or indirectly who has been affected by pancreatic cancer and we are all equally responsible in helping drive positive change and raise much needed funds," says Britain's got talent judge, Piers Morgan. "No Purple Day event is too small - whether it's being sponsored to juggle three purple balls in the canteen at work or singing Purple Rain from the roof tops - we need your support!"

Allen is hopeful that more research and funding will help increase pancreatic cancer's survival rates. As for himself, he attributes much of his success to positive thinking.

"It never really occurred to me that I might not survive," says the athlete, who has completed 8 half-marathons and six duathlons, and competed for Great Britain in the World Triathlon Championship, in the last year alone.

"You've got to give yourself the best chance of surviving because the odds are stacked against you. That's why I'm not fond of the word 'remission'. I'm fitter now than I ever was. And I'm absolutely convinced it's not coming back."

Kate Hodal



Actor Patrick Swayze, who died of pancreatic cancer.

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What has happened to Alvor?

SIR, I would like to make people aware of the constant robberies we are having around the Algarve, especially in Alvor.

I do the maintenance for the timeshare apartments at Alto Country Club. We have timeshare apartments and private houses, the last time we had a break (in the last few days) it took the G.N.R. one hour to respond to the call, by then the same two lads, who have broken into many apartments had gone home, and probably had their dinner.

The other week I was approached by one of the two robbers and I thought they had some sort of weapon in their bag. After explaining to the G.N.R. we still have the same [thing] happening, it seems unless they are caught in the act there is nothing the police can do. The police/G.N.R. do not even take fingerprints so how are they ever going to stop this [happening again]?

With the lack of tourism to the area I don't think this will help. What next?

COLIN WILLIS, By e-mail

Av. Saboia, worse than before!

SIR, I have just returned from the United States to find Av. Saboia, worse than it was before. Before two cars could at least pass each other. Now that all the work has been done on this street, at great expense I am sure, they have put posts along the side walk across from the Espírito Santo Bank so that people can not park

on the side walk. So now they park on the street as there are no signs that say they can't, so now the street is more narrow than it was before.

When I spoke with the construction foreman before I left, I was told that Av. Saboia would be one-way from the school, past the bank and around the bird park, which would make sense as that makes a complete circle. However that is not the case and cars are having to let each other pass so they can get through.

I am not a traffic engineer but I know I could do a better job with the street layouts than the city is doing.

It is time they started giving tickets to cars that are illegally parked so that people can walk on the sidewalks and you can turn a corner without hitting another car or have them hit you. It is time for people to start complaining to the city. Many people walk and should not have to walk in the street because someone wants to park on the sidewalk.

JEAN DANIEL, Monte Estoril

War graves in Portimão

SIR, Thank you very much for your article on war graves.

I visited Portimão cemetery on 14th November, and had an overwhelming feeling as I placed my poppy at 11 am. So privileged to be able to be there for so many reasons.

JEAN BOUNDS, Portimão

Can you help?

SIR, Until recently a colleague

of mine used to collect all shape and size of bottle tops where I work to pass on to a member of a charity scheme that saved them to go towards funding wheelchairs for disabled people. Does anyone have any info. on someone who may still be collecting the bottle tops and if so could you forward on my e-mail to them please. I have many friends who would only be too pleased to assist as would I'm sure many others if only they knew of a place or person they could drop off their saved bottle tops to.

PENNY GALE, penny.gale@oceanicogroup.com

Good letters page

I am in Algarve for first time from Bratislava. Your letters page is most interesting. I would retire to your beautiful country, but I am too young! I hope it stays this way for many years.

WALDEMAR, By e-mail

Amazing Masie

SIR, Well, our Masie is a right little paragon isn't she! (Letters, 21 Nov). Lived in five different countries before moving here, took care to learn all their laws, familiarised herself with the different cultures and *learned the languages!* We are all born with the ability to learn to speak our mother tongue, even where no written language exists but very few have Masie's enviable gift of mastering six or seven languages and the older we get the more difficult it becomes.

Apart from a few words and phrases, my four years of French and Latin lessons more than sixty years ago might just as well have never happened.

Most of us Brits have met Portuguese, especially local government employees, who make it plain that after a few months here we should be speaking colloquial Portuguese.

The next time a reader meets

one of these sneering individuals try this. Ask him how long it took him to learn Portuguese. After the usual blank look say "Well, after five years of hearing nothing but Portuguese, you had the vocabulary of, and the ability to talk like, a five year old. After ten years you could talk about little outside of what normally interests ten-year-olds".

Masie objects to all kinds of things about obstreperous Brits who won't stay in Britain where they belong. Well, I object to those trying to dictate where I live. And those who tell you what kind of humour they consider acceptable in The Portugal News. That, sir, is your job. We don't want Portugal to follow the UK's example where it is now well nigh impossible make a joke about anything for fear of offending some gossamer skinned individual and acquiring a criminal record. Yes – a criminal record!

RONLAVERY, By e-mail

Patricia Westheimer's article

SIR, In response to Pat Westheimer's article 'Where Have All The Sidewalks Gone?' Patricia uses very emotive words and expressions, saying that smokers have 'hijacked' the outdoor spaces. They 'blatantly' blow their 'poisonous fumes' in peoples' faces, and so on.

Well, I for one was glad to find that when I came to Portugal, there wasn't all the ridiculous fussing about smoking etc., People have to smoke outside because they have been barred from smoking inside. It is a pity that when she hears people laughing (raucous?) that it impedes her happy state. She seems to be obsessed with her hatred of smokers, does that apply to drinkers too? Personally,

I smoke but I do not drink alcohol, but I do not find fault with everyone who does drink.

My husband drinks, I smoke, and we get on quite amicably, live and let live is our motto. I was really glad to get away from the UK

Chinese believing that the fear and terror inflicted on these sad creatures, induces a good flavour. Try working on that problem, and leave the smokers alone!

R MITCHELL-DAVIDSON, By e-mail

Temperature Rising?

You stop in your tracks
Stare at me
From the other side
Across the cobbles

Not just a passing glance
More an all-penetrating
CAT scan.

In a nanosecond I take you in
Middle-aged, a bit paunchy
Pale-blue sweater, cream jeans
Not bad I suppose but -
Why the interest, the half smile
The unblinking stare?

Do you know me?
More to the point
Do I know you?
Should I greet you?
Feel flattered?

Perhaps I look like someone else.

Was I grinning like an idiot
At some inner dialogue?
Do I have a spot on my nose?
Has my hair gone static?

What was the attraction?
What shot through your mind
At a hundred volts?

For sure I'll never know.

And all this in two nanos and a half
As I rush to catch a train.

JENNY FERNANDES

with its out-of-control drinkers, and the violence and bad behaviour that ensues from that drinking.

No, Patricia, the parents who cling to the fence outside the school do not have 'separation anxiety' (a typical American phrase about something simple) Portuguese families are very close, that is all it is. A lesson British families could learn. I am also sure that it is an exaggeration to say that smoking mothers are blowing smoke into their babies' lungs, unless they bent over their child and tried to do it deliberately!

Yes, I can imagine in the USA that they would ban people from even smoking in their own homes, such is their high-handed attitude to the public. They could spend better time trying to do something about the American problems with obesity, guns, and drugs.

Lets face it, a drinker might, I say might, be aggressive, fight, vomit in the street, urinate in somebody's garden, or go home and beat their partner, all because of the effects of alcohol, I don't think you will find any person doing the same because they had a cigarette.

Finally, smokers are not polluting the 'pristine Portuguese' air, the smoke is just dissipated and disappears. Come down from your ivory tower, and try to get along with people in Portugal Patricia. If you don't like it you could always fly back to the good old USA, or go back to your beloved China, where it is not uncommon for people to beat, then revive, then beat, dogs to death, so that their meat is tender. The

Global warming a hoax?

SIR, As you (like so many other publications throughout the world) have given prominence to (fraudulent) claims concerning global warming I trust you will now redress the balance and do an article about the uncovering of a network of outrageous hoaxes on this subject. I am sure the news has reached you about the East Anglia University climatic research unit, and the way their files going back over fifteen years have now been made public, and show massive alteration of facts to fit theories, and the fraudulent acceptance by the unit of over £13 million in grants to propound fraudulent theories.

This news comes soon after the BBC uncovered further fraudulent practices in the global warming gravy train. Basically, you get government grants to make a case for global warming, but you get no grants at all if you find the opposite is happening. Jones & Co. at East Anglia collected a nice £13.7 million in grants, but the story is now out. The whole thing is hogwash, as some of us have been saying for years.

So folks, can we have no more articles telling us about global warming. We now know the evidence is rigged. I have referred you to independent scientific research on this matter in two previous e-mails.

Perhaps you will take more notice of this latest incident, which rather a lot of scientists are hoping will put people in jail.

Fat chance, the government is funding this stuff. Nice work if you can get it. Crime pays when Mr. Big is the government.

Readers might like to follow some of the news from the following url: www.thedailycrux.com/content/3448/Global_warming/eml
JOHN CLARE, Arao

Arthritis banished

SIR, Many thanks for printing my Letter to the Editor about my recovery from arthritis (www.arthritisrecovery.co.uk). I've had lots of calls and e-mails - I'll let you know how many success stories as a result, soon!

SARAH GALL, By e-mail

Correction:

Following a brief news report published in last week's edition of **The Portugal News**, it has been brought to our attention that there are in fact two other Jewish museums in Portugal in addition to the one being planned for the Azores.

The two other museums can be found in Faro, which holds the only remaining vestige of the first post-inquisition Jewish presence in Portugal, and the other being located in Tomar.

Portuguese for Beginners

Study what follows:

$$25 \times 4 = 100$$

Vinte e cinco vezes quatro é igual a cem.

$$68 + 47 + 29 = 144$$

Sessenta e oito mais quarenta e sete mais vinte e nove é igual a cento e quarenta e quatro.

$$696 : 6 = 116$$

Seiscentos e noventa e seis a dividir por seis é igual a cento e dezasseis.

$$852 - 543 - 205 = 104$$

Oitocentos e cinquenta e dois menos quinhentos e quarenta e três menos duzentos e cinco é igual a cento e quatro.

⇒ Write the numbers which follow in full:

100 - 105 - 111 - 117 - 123 - 135 - 137 - 144 - 152 - 158 - 161 - 166 - 176 - 180 - 184 - 199

Read what follows:

O Pedro nasceu em mil novecentos e noventa e cinco (1995) e a Susana nasceu sete anos depois: em dois mil e dois (2002). Em dois mil e nove (2009) ele tem catorze anos e ela tem sete.



LESSON 21

Cardinal numbers
Dates

⇒ Translate the previous text into English.

In Portuguese, dates are expressed in cardinal numbers, so when speaking we say: um de Outubro (1/ 10), dez de Março (10/ 3), dezanove de Setembro (19/ 9), vinte e três de Fevereiro (23/ 2), trinta de Abril (30/ 4).

⇒ Write the dates and ages in full, bearing in mind that today's date is 23 November 2009:

a) A Ana nasceu no dia (29) _____ de Janeiro de (1958) _____. Ela tem (51) _____ anos.

b) Os gémeos, o Rui e o Sérgio, nasceram no dia (13) _____ de Outubro de (1964) _____. Eles têm (45) _____ anos.

c) Os pais do João nasceram em (1946) _____ . Ambos têm (63) _____ anos. A mãe nasceu no dia (27) _____ de Julho e o pai no dia (18) _____ de Novembro.

d) - Em que dia tu nasceste?
- Eu nasci no dia (9) _____ de Julho.

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

Medium

Hard

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	7							
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				3		2	1	
							6	
		5	3	6				8
8	6		2					3

CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

M	C	G	P	L	O	U	G	H	I	N	G
O	T	H	E	R	S	U	R	N	I		
N	R	W	C	E	L	D					
L	E	A	S	T	W	I	S	E			
I	D	H	P	I	N						
G	H	E	E	F	L	A	S	H	L	I	G
H		I	T	Y							
T	O	U	R	N	I	Q	U	E	T		
N	F	L	J	I	D						
D	E	C	O	R							
E	O	I	L	G	E	R					
A	D	V	E	N	T						
T	E	G	S	M	E	R	E	T	O		
H	O	R	S	E	S	H	O	E	Y	D	X

Last week's solutions:

5	2	8	4	7	6	9	3	1	6	4	2	7	5	3	8	9	1	1	6	4	9	3	8	5	7	2
4	9	1	3	5	8	7	2	6	3	9	1	6	8	2	4	7	5	3	8	9	2	5	7	1	6	4
7	6	3	9	2	1	8	5	4	7	5	8	4	1	9	3	6	2	7	2	5	1	6	4	9	3	8
6	8	9	5	3	4	1	7	2	5	1	4	8	2	7	6	3	9	2	5	3	4	9	1	6	8	7
2	3	7	1	8	9	6	4	5	2	8	7	9	3	6	5	1	4	8	1	7	3	2	6	4	5	9
1	5	4	2	6	7	3	9	8	9	6	3	1	4	5	7	2	8	9	4	6	7	8	5	3	2	1
9	4	6	7	1	5	2	8	3	8	2	5	3	6	1	9	4	7	4	7	2	5	1	3	8	9	6
8	7	2	6	4	3	5	1	9	1	7	6	5	9	4	2	8	3	6	3	1	8	7	9	2	4	5
3	1	5	8	9	2	4	6	7	4	3	9	2	7	8	1	5	6	5	9	8	6	4	2	7	1	3

(Right: Last week's solution)

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

A	20	23	5	10	6	15		9	6	15	20	13	25	25	23	N
B	1		17		21			5		4		23			26	C
C	17	4	1	22	6	17	22		25		13	12	13	18	11	C
D	7		13		17		13	26	10	15	13		12		14	F
E	10	12	15	13	25		6		23		21	15	6	5	13	C
F	7			24		20	25	10	12	14			10		12	R
G	6	5	24	1	10	25		12		23	17	6	15			S
H	15		6		17	6	25	10	23			2			8	T
I		9	15	13	6		13		19	13	9	10	12	13		U
J	6		23		2	23	17	3	20		1			23		V
K	22	6	12	8	23		21		12		5	15	1	18	21	W
L	15		19		22	17	6	7	23		23		18		6	X
M	6	22	6	25	13		24		22	15	1	22	22	13	17	Y
	16		12		20		1				14		13		19	Z
	13	20	25	13	13	18	13	19		5	4	13	17	17	11	

PRIZE CROSSWORD 1038

1		2		3		4	5		6		7
					8						
9											
10							11				
	12			13			14				
15						16					17
18						19		20			
21											
22							23				

ACROSS

- Infer (6)
- Chief (6)
- Immediate (13)
- Voter (7)
- Measure (5)
- Reel (5)
- Pile up (5)
- Recess (5)
- Snare (7)
- Rigidity (13)
- Disturb (6)
- More niggardly (6)

DOWN

- Controller (6)
- Uncivil (13)
- Intone (5)
- This evening (7)
- Articulation (13)
- Followed (6)
- Tale (5)
- Unity (7)
- Weak (6)
- Of the eye (5)
- Actor (6)
- Clan (5)

A special travel hairbrush will be sent to the sender of the first correct solution opened next Thursday. Solutions to: The Portugal News Crossword N° 1038, Apt. 13, 8401-901 Lagoa. Please be sure to enclose your name, address and phone number.

WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

H	R	A	H	D	H	N	E	D	D	U	S	N	T	C
O	J	Y	D	S	E	G	N	A	H	C	K	R	Y	E
L	D	D	Z	S	O	R	F	B	E	W	E	U	T	R
D	W	Q	I	U	Y	L	E	D	E	D	M	T	H	T
I	M	K	R	S	M	Z	A	A	N	N	N	P	G	A
N	H	I	U	B	T	M	Y	A	L	O	L	U	U	I
G	G	S	S	B	E	U	M	P	I	I	I	B	A	N
N	M	P	Y	F	X	M	R	T	A	G	S	L	H	S
X	I	S	P	D	O	C	A	B	M	S	F	I	B	A
V	D	A	J	C	O	R	R	T	I	C	S	C	N	T
X	Z	O	T	N	J	B	T	E	T	N	U	I	I	G
V	Y	F	U	N	Z	J	E	U	B	M	G	T	O	V
E	P	M	Z	B	U	T	M	M	N	M	W	Y	J	N
B	Z	M	M	H	L	O	I	U	O	E	U	T	Q	V
X	P	G	O	D	K	E	M	Y	Y	S	S	N	K	Y

MOUNTAIN, CERTAIN, COMMANDER, REALISING, CHANGES, MADE, DOUBLE, SOMEBODY, HOLDING, RATION, MISFORTUNES, SUDDEN, PASSION, PUBLICITY, NUMBER, DISTURBING, HAUGHTY

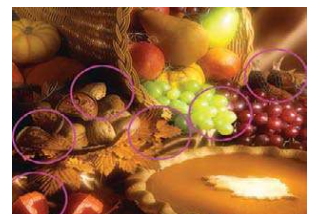
SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.



Last week's solutions:
Across: 1 Contemtable; 7 Merit; 8 Plain; 9 Own; 10 Constrain; 11 Resume; 12 Fellow; 15 Pestilent; 17 Air; 18 Evict; 19 Tooth; 21 Independence.
Down: 1 Cartographer; 2 Err; 3 Potent; 4 Impatient; 5 Llama; 6 Unanswerable; 7 Minus; 10 Committee; 13 Leash; 14 Nettle; 16 Scion; 20 Odd.
Last week's winner: Mr. A. Purdom, Estoi

Last week's solution:



This week's Crossword Prize
WIN
this travel hairbrush



Computer Chronicles

Maintaining your PC

Over time, even the most sophisticated, top of the range computer can begin to run slow if you don't do something to prevent it. The reason why has less to do with how computers are made and how they age and more to do with the way you use them. All of the daily tasks that you do on your PC from running programs to downloading and deleting software can make your computer sluggish.



When you download and use programs on your PC they are sometimes set to start running as soon as you turn on your computer. These programs may be running in the background without you even knowing it and they use up precious memory needed for other tasks.

To see the various programs running in the background, press Ctrl + Alt + Delete at the same time.

A list of all of the currently running programs will appear in a pop up window. You can choose to stop the programs by highlighting the program and clicking "end task." If you want to prevent those programs from starting up when you turn on your PC, change the startup settings for each program by using the Windows **msconfig** option and deselecting each program individually.

Memory (RAM) is a computer component that allows the PC to do all of the various tasks you may require of it. When you start to do a task, a segment of memory is assigned to that task. If you don't have enough memory and you try to do several tasks at once, you may run out of memory and will not be able to perform any tasks properly. For this reason it is very important to have sufficient computer memory installed. I personally recommend a minimum of 2GB of RAM.

Your hard drive is like a huge filing cabinet containing all of the files that you need for your computer to function properly. When you add programs, files are added to this data base. When you delete data or programs, files are removed. This process results in holes or empty spaces being created in your filing cabinet.

These holes make it harder for your computer to work because it continuously has to search for information over a larger distance and sometimes search for information that is completely out of order. To combat this, you need to defragment your hard drive. You can do this by going to Start, All Programs, Accessories, System Tools and clicking on Disk Defragmenter. This Windows program eliminates these holes and arranges your files in a sensible order.

Just as your PC's hard drive filing system can become messy and unorganized; it can also become too full to work at its best. A good rule of thumb is to have at least 500MB (Megabytes) to 1GB (Gigabyte) of free space on your hard drive for your PC to function properly. To free up space, simply delete unused programs on the C: drive by using the Add or Remove Programs option in your Control Panel.

Installing applications on your computer can have a huge impact on your productivity and enjoyment levels. But they can also wreak havoc, creating problems and performance issues you can easily avoid. It's tempting to install all sorts of applications, especially the 'free' ones that come at you every day. There are risks and consequences. Don't download what you don't know. Don't let impulse dictate what you run on your computer and by doing so; put your data or PC performance in jeopardy. Some free software is useful and safe, but much of it is not. The consequences can range from your software programs becoming unrel-

able to your PC becoming unstable and needing a reformat.

If you have an irresistible urge to download or play with free software, just investigate it first. Go to www.toptenreviews.com or www.pcmag.com. Click on the reviews, and do a search on the software to see how it has been rated.

When installing software applications, go about it slowly, watch the screen and watch the installation messages. Only click when the installation tells you to. Only install one new application at a time. Run it for a day or two and see if it affects the computer or other programs. If no problems occur, you can install another program.

Always create a "Restore Point" on your Computer before you install new software.

For Windows XP and Vista, go to Start, All Programs, Accessories, System Tools, System Restore and Create a Restore Point. This takes 30-45 seconds to do; it's that simple. If your computer locks up while installing a new application, you can use the restore point to get back to that 'safe place' where you were before the new application was installed.

The next important step in maintaining your PC is to configure Automatic Updates. To do so go to Start, Control Panel and double click on Automatic Updates. Most computers are set to update every night at 3am so it's a good idea to manually change the time to 3pm. Microsoft sends critical/urgent update notices out 'real time', but for routine updates on Windows operating systems and software, Microsoft has established a fixed point in time each month to make updates available. This is normally every second Tuesday of each month. I recommend that once a month you go to: Start, All Programs, then click on Windows Update. This manual procedure will go to the Microsoft website, look for updates, and bring those to you.

Maintaining your PC's performance is vital if you want your computer to always complete tasks at its top speed. While Windows has some system tools to help you do this, they do not work on their own. You have to actually go and start the programs to optimize your computer and they may not be enough. In most cases you may want to opt for some sort of PC optimization software to help maintain your PC's performance. Next week we will discuss these various PC optimization products.



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Rajasthan will assault your senses

An Indian journey which includes the white city of Udaipur, the blue city of Jodhpur and a visit to Rajasthan's pink capital of Jaipur.

As he nonchalantly swerved out of the path of lorries coming over the brow of a hill on the wrong side of the dual carriage-way, and around the cows - sacred animals to Hindus - that wandered all over the highway, it was clear that our driver Sonu was key to surviving this 1,700-mile journey around Rajasthan.

Labourers squatted next to the traffic, with paintbrushes or carpentry tools, waiting to be hired for a day's work. A barber offered a wet shave in a roadside chair, while merchants had sacks of marigolds and stalls piled with vegetables for sale.

Gypsies wove baskets beside their makeshift beds, cooking pots and children. Pigs snuffled in open sewers. It was Slumdog Millionaire, devoid of romance. The soundtrack was one of horns - blaring from dilapidated buses,

tractors, cars, scooters and auto-rickshaws. The noise was not a frustrated expression of road rage, but rather a co-operative venture in which each vehicle gave notice of its presence and announced its intentions. As the brightly-painted lorries exhorted on their tailgates, 'Blow Horn'.

The Shiv Niwas hotel within the City Palace walls in Udaipur offered us welcome respite, and a tour of the palace illuminated the past glories of a royal lineage dating back to the 16th century.

We visited other palaces on a boatride, watched washerwomen at work on the lakeside steps and spotted black-faced monkeys on rooftops in the bazaar.

The Mehrangarh Fort dominates the city with a bird's eye view of the blue-wash houses and cobweb of streets. Now a museum, it is full of artefacts from the Marwar dynasty. Incongruously, there are Dutch tiles on the walls, traded from the camel caravans on their way back East from Europe.

Sonu expertly ferried us between markets and palaces and

restaurants, and an optician where my wife's sunglasses were repaired with a smile and without charge. All too soon, on we went across increasingly flat, sandy terrain to Jaisalmer.

We stayed in the Mandir Palace hotel, built over centuries in elaborately-carved golden sandstone. We bought cotton shirts and yoga trousers made to measure in three hours, haggled over a painted window shutter, had an authentic oily Ayurvedic massage and enjoyed local curries at the Trio restaurant with its view over the ramparts of the fort. We also visited the ornate merchant havelis (mansions) reflecting the earlier prosperity of this oasis town.

At Sam, further into the Thar Desert, we rode camels (mine was called Michael Jackson) as the sun set and shadows lengthened over the sand dunes.

Back on the road, heading towards the eastern edge of the desert, we passed Indian troops moving in the other direction towards the Pakistan border. There was little else moving apart from antelope.

Near Osian, we met Bishnoi villagers in their mud huts on a foray by jeep from the safari camp where we spent the night in a luxurious tent with ensuite bathroom.

After a nine-hour drive, we reached Jaipur, population 2.5 million. Early the following morning, Sonu drove us to Dera Amer where, like some colonial

Viceroy, I took a pre-breakfast ramble among cacti and parakeets atop a painted elephant.

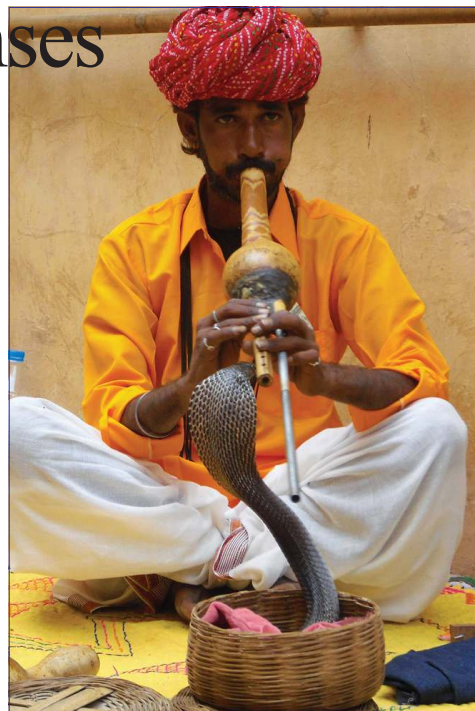
The day continued with a tour of the 11th-century Amber Fort, and then a 15th century palace inside the 7.5 mile perimeter defensive wall and watchtowers that form a serrated edge to the surrounding hills. This was where the Kachwaha royal family lived until Jai Singh II founded - and gave his name to - Jaipur.

The present maharaja, Harrow-educated, lives in the palace in the heart of the city. There's a fascinating open-air observatory with outsize astronomical instruments in the grounds. A textile museum has polo memorabilia of his father, who died playing the game at Cirencester, and the block-printed and gold-braided clothing of earlier maharajas.

You can shop till you drop in a dozen different markets around town. If depressed by the price of old silver and gold jewellery at Chamelivala Market, have a drink at the rooftop Kotki restaurant where the internet connection costs just 20 rupees (29c) for half an hour.

I also enjoyed a free peek at the pink flowerpot reliefs in the art-deco foyer of the Raj Mandir cinema, where the latest Bollywood films play four times a day.

The symmetry and perfect proportions of the Taj Mahal, even when viewed through a cold December fog were impressive. Its white marble had an ethereal,



A snake charmer in Rajasthan.

weightless appearance.

Not even that final tortuous drive through Delhi's New Year's Eve traffic seemed to ruffle Sonu. Tip him well: he deserves it.

Travel facts

Alex Finer was a guest of Abercrombie & Kent, which offers the 'Essence of Rajasthan'

15-day journey via Delhi, Jaipur, Nimaj, Osian, Jaisalmer, Jodhpur, Ranakpur, Devigarh and Mumbai, from £3,495/£3,876pp, including return flights, transfers, B&B accommodation, private car and driver, guide and admittance to all sites. A&K Reservations: Tel. 00 44 (0)845 618 2214 / www.abercrombiekent.co.uk.

Alex Finer



A camel safari, Jodhpur.



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Kiev	€177.75
Athens	€193.32
Helsinki	€293.80
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Miami... ..	€602.97

All prices are starting prices for return flights including airport taxes (ticketing fee is excluded, exact amount subject to confirmation).

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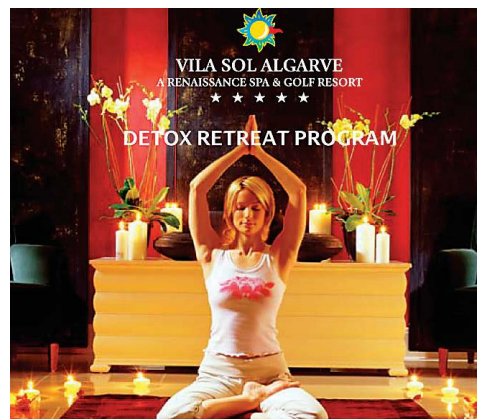
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Cycle ride report



The start

What started out as bravado turned into a successful fundraiser with over 3500 euros going to the Goldra Animal Sanctuary near Loule.

The event was well attended with 23 cyclists setting out from Paws 4 Pets in Albufeira on Saturday 7th November for the 2 day ride to Cabe Sta Vicente. At lunchtime on the Saturday the wind was picking up slowly hampering progress. By the time we reached Alvor marina for our boat crossing to Meia Praia the wind was so strong that the drop off point had to be moved making the journey across to Lagos a little more complicated than originally planned.

In case you are not aware, the Ecovia route that runs from Vila

Real de Santo António to the Cape is not yet complete in parts, making it necessary to adapt and make up your own route. We arrived in

Lagos as planned, just a little late and set about planning our 2nd day.

It was being forecast that the winds were due to increase from the North East and so we decided to flip the 2nd day. So we set out from The Cape at 11am and even though we should have had a significant tail wind, we still battled our way to Lagos.

And the moral



Freewheeling



Celebrating on the finish line

of the story is "if you jump horses in mid stream, you are going to get wet".

So thanks to everyone who selflessly gave their time and energy to the event and we look forward to seeing you all again next year when we will aim to travel



After lunch at the beach

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LAGOS - November 28 and 29 - Christmas Sale in Aid of Lagos Animal Protection Society (LAPS) at the Hotel Tivoli - From 11h00 to 16h00 - LAPS desperately needs funds to care for the many animals most of whom are old, which is why LAPS now calls themselves as an Hospice as well as a Sanctuary. Facilities of the hotel will be available. Many items for sale and a tombola for fun. For more information, please call Brigitte Hicks on 282 687 334 or the hotel for details on 282 790 079.

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This is MAX. He is getting bullied by the dogs at home as he is only little. He really is in desperate need of a loving new home. He will make a fantastic loyal pet.

Please call Ingrid on 918 973 896.



This adorable puppy currently at Goldra, is approximately eight weeks old, and desperately needs a home. Please call 935 432 221.

Little LOTTIE has now been at the home for years, she is very nervous and needs a quiet older home so she can settle down without any more traumas. Can you help rehome her? Call 935 432 221.



Beautiful German Shepherd cross, arrived at Goldra 2 weeks ago and really needs a home. She is very affectionate and craves human company. Can you help rehome her? 935 432 221.

Association Bianca in Sesimbra has nearly 40 kittens and cats for adoption. All our cats are house-trained, dewormed, vaccinated and chipped. Please see our webpage: www.bianca.pt.

If you cannot adopt permanently, please offer a temporary home for cats. We rescue until they are adopted. Contact us at sesimbra.bianca@gmail.com



SPIKEY is a very handsome young dog. He is a Fox Terrier X, very nice and soft nature. Spikey is a playful and faithful dog and he is looking for a nice loving home. He is around 6 months old, tested negative for heartworm, wormed, defleaded and vaccinated. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



TEDDY is a very jolly dog. He was found abandoned on the streets. He is around 6 years old and behaves very well with other dogs and cats. Teddy is no trouble at all. He has been tested negative for heartworm, and has been wormed, defleaded and vaccinated. He needs a nice loving home and loves long walks off the lead. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



I have many puppies waiting for a nice loving home at the moment. Many different sizes and colours. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings)



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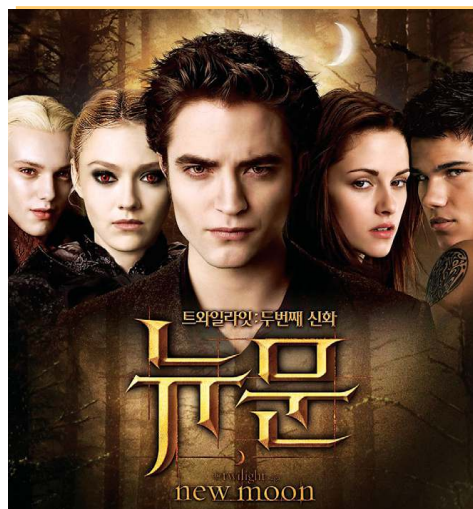
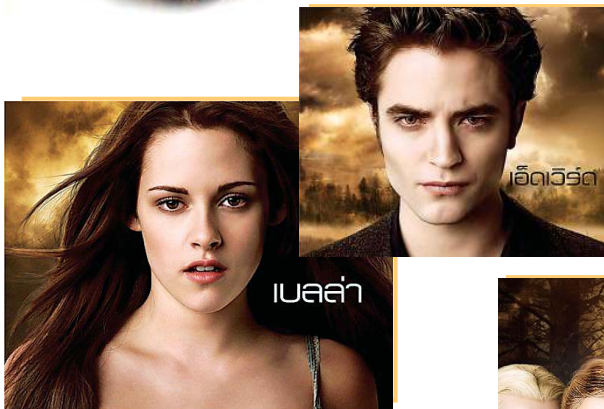
Title: The Twilight Saga: New Moon
Genre: Drama | Fantasy | Horror | Romance | Thriller
Stars: Kristen Stewart, Robert Pattinson, Taylor Lautner, Ashley Greene, Dakota Fanning
Director: Chris Weitz

Synopsis: Following Bella Swan's ill-fated 18th birthday party, Edward Cullen and his family abandon the town of Forks, Washington, in an effort to protect her from the dangers inherent in their world. As the heartbroken



Bella sleepwalks through her senior year of high school, numb and alone, she discovers Edward's image comes to her whenever she puts herself in jeopardy. Her desire to be with him at any cost leads her to take greater and greater risks.

Bella's frozen heart is gradually thawed by her budding relationship with her childhood friend Jacob, a member of the mysterious Quileute tribe, who has a supernatural secret of his own. When a chance encounter brings Bella face to face with a former nemesis, only the intervention of a pack of supernaturally large wolves saves her from a grisly fate, and the encounter makes it frighteningly clear that Bella is still in grave danger.



ALGARVE		CASTELLO LOPES CINEMAS		CASTELLO LOPES CINEMAS		CASTELLO LOPES CINEMAS	
SBC FORUM ALGARVE TEL: 289 887 212 26 NOV-2 DEC		CASTELLO LOPES CINEMAS ALGARVESHOPPING TEL: 707 220 220 26 NOV-2 DEC		CASTELLO LOPES CINEMAS PORTIMÃO TEL: 707 220 220 26 NOV-2 DEC		CASTELLO LOPES CINEMAS PORTIMÃO TEL: 707 220 220 26 NOV-2 DEC	
1 Step Up 2: The Streets Briana Evigan, Robert Hoffman (12.05 Sat & Sun) 14.25-16.50-22.20 (00.35 Thu-Sat) 2012 John Cusack, Chiwetel Ejiofor 19.05	4 Fame Kay Panabaker, Naturi Naughton 12.50-15.10 The Twilight Saga: New Moon Kristen Stewart, Robert Pattinson 17.30-20.10-22.50	My Bloody Valentine Jensen Ackles, Jaime King (00.20 Thu-Sat) G-Force Animation PV (10.30 Sat & Sun)	A Christmas Carol 3D Animation OV 21.45 (23.55 Fri & Sat)	7 The Twilight Saga: New Moon Kristen Stewart, Robert Pattinson 13.10-15.50-18.30-21.30 (00.10 Fri & Sat)	2 The Twilight Saga: New Moon Kristen Stewart, Robert Pattinson 13.10-15.50-18.30-21.30 (00.10 Fri & Sat)	3 G-Force Animation PV 13.20-15.20-17.20-19.20 Chéri Michelle Pfeiffer, Kathy Bates 21.50 (00.00 Fri & Sat)	3 The Twilight Saga: New Moon Kristen Stewart, Robert Pattinson 13.10-15.50-18.30-21.30 (00.10 Fri & Sat)
Beyond a Reasonable Doubt Michael Douglas, Amber Tamblyn 14.35-16.55-19.15-21.40 (00.05 Thu-Sat) Up Animation PV (10.40 Sat & Sun)	5 The Twilight Saga: New Moon Kristen Stewart, Robert Pattinson 13.30-16.10-18.50-21.30 (00.10 Thu-Sat)	9 Cirque du Freak: The Vampire's Assistant Chris Massoglia, John C. Reilly (12.15 Sat & Sun) 14.40-17.10-19.40-22.10 (00.35 Thu-Sat)	4 Julie & Julia Meryl Streep, Amy Adams 13.25-16.10-18.50-21.25 (00.00 Fri & Sat)	8 The Twilight Saga: New Moon Kristen Stewart, Robert Pattinson 13.10-15.50-18.30-21.30 (00.10 Fri & Sat)	4 The Soloist Robert Downey Jr., Jamie Foxx 12.50-15.30-18.20-21.10	2012 John Cusack, Chiwetel Ejiofor (23.40 Fri & Sat)	2012 John Cusack, Chiwetel Ejiofor (23.40 Fri & Sat)
2012 John Cusack, Chiwetel Ejiofor 13.40-16.55-21.00	6 The Brothers Bloom Adrien Brody, Mark Ruffalo 13.25-16.00-18.35-21.10 (23.50 Thu-Sat)	1 Chéri Michelle Pfeiffer, Kathy Bates 13.30-16.00-19.00-21.15 (23.30 Fri & Sat)	5 G-Force Animation PV 13.40-16.05-18.10 The Informant Matt Damon, Melanie Lynskey 21.10 (23.45 Fri & Sat)	9 Surrogates Bruce Willis, Radha Mitchell 12.50-15.30-18.20-21.00	6 The Twilight Saga: New Moon Kristen Stewart, Robert Pattinson 13.10-15.50-18.30-21.30 (00.10 Fri & Sat)	6 The Twilight Saga: New Moon Kristen Stewart, Robert Pattinson 13.10-15.50-18.30-21.30 (00.10 Fri & Sat)	6 The Twilight Saga: New Moon Kristen Stewart, Robert Pattinson 13.10-15.50-18.30-21.30 (00.10 Fri & Sat)



Castello Lopes Cinemas

Tel: 707 220 220

www.castellolopescinemas.com



UCI Cinemas

Tel: 707 23 22 21

www.uciportugal.pt



Zon Lusomundo Cinemas

Tel: 707 24 63 62

www.zonlusomundo.pt

Film Classification

The Twilight Saga: New Moon - M/12
 Capitalism: A Love Story - M/12
 Julie & Julia - M/12
 A Christmas Carol - M/6
 Miracle at St. Anna - M/12
 2012 - M/12
 Cirque du Freak: The Vampire's Assistant - M/12
 Beyond a Reasonable Doubt - M/12
 Step Up 2: The Streets - M/12
 Surrogates - M/12

M/4 - Four years and over
 M/6 - Six years and over
 M/12 - 12 years and over
 M/16 - 16 years and over
 M/18 - 18 years and over

HIGHLIGHTS



ODIÁXERE & OURIQUE - November 28 & 29 - Dutch Grand Prix Dressage Judge Jet van Oers will give a test clinic 'test your test' for dressage riders in the Algarve and the Alentejo.

Saturday 28th November in Odiáxere Riding Centre Joey Decoz / Frank van Ettrro.
Sunday 29th November in Riding Centre Equus Ourique.

chá d'ARTE
Casa de Chá & Galeria de Arte

Exposição de Pintura "Outra Parte"

Inauguração a 25 de Novembro pelas 21:30 horas.
Estará patente até dia 30 de Dezembro de 2009.

LOULÉ - Until December 30 - **Chá d'Arte** presents a solo Painting Exhibition by the artist **Jeroen Buitenman** - the art gallery is situated in the historic centre of Loulé.

Jeroen Buitenman

TAVIRA - Until November 30 - **Hops! Tom & Rico! Rico Sequeira** presents a collection of cartoons of the 20th Century - **Municipal Museum** - Tuesday to Saturday from 10h00 to 12h30 and from 14h00 to 17h30 - 281 320 500

Tom Rico



ALBUFEIRA - From December 2 to 31 - **Arlindo Martins** presents a painting exhibition 'Paisagens do Algarve...' (Landscapes of Algarve and...) at the art gallery **Pintor Samora Barros** - Open daily from 10h30 to 16h30



LISBON - Opening of the new exhibition 'A Casa do Vasco' at the **Lisbon Oceanário** at the Park of Nations - Tel: 218 508 110

ESPICHE (Lagos) - November 28 - St. Vincent's Anglican Church **Christmas Fayre** at the Barlavento English School - 10h30-14h00 - Fashion, books, gifts, home produce, Santa, mulled wine & mince pies - Free entry. Tel: 969 078 620



ALBUFEIRA

NOVEMBER 28

1st Albufeira Martial Arts Championship - Olhos d'Água Sports Pavilion - 8h00 - Org. by Albufeira Martial Arts Club - 964 632 220 / 967 534 727 - artesmarciaisalbufeira.com

UNTIL DECEMBER 10

Exhibition 'Na Pista de Darwin' (Following Darwin's Trail) in commemoration of 200 years since the birth of Charles Darwin - Recreational Park - 289 599 835 - www.cm-albufeira.pt

ARMAÇÃO DE PERA

DECEMBER 1

Network Fair at Hotel Garbe 'Spirit of Christmas Fair' - The Fair starts at 11h00 and runs until 17h00 - An event of the year not to be missed! - Do all of your Christmas shopping in one day, with so many stands and such a variety of gifts, you will be spoilt for choice.

ALMANCIL

UNTIL DECEMBER 3

Painting and Sculpture Exhibition by Georg Scheele and Glyn Uzzell at Centro Cultural São Lourenço - The exhibition will run until December 3 - 289 395 475 / ccs@iol.pt - centroculturalsaolourenco.com

FARO

NOVEMBER 28

3rd Organ Festival - 21st Nov: Concert by António Mota at the Carmo Church; 28th Nov: Capella Patriarchal (João Vaz) at the Sé Cathedral (Faro Cathedral)

LAGOA

NOVEMBER 30



Swan Lake by the Moscow Tchaikovsky Ballet - Swan Lake is Tchaikovsky's first ballet and is considered by many to be one of the greatest classical ballets of all time - Arade Congress Centre - 21h30 - Ticket Prices: Front Stalls: €25; Back Stalls: €22 - To buy tickets: Arade Congress Centre, Portimão Arena, Blueticket and Ticketline - 282 498 577 - www.pavilhao-arade.com/www.algarvecc.com

LAGOS

NOVEMBER 29

Christmas Fair in aid of Nandi Charity Shop - 11h-16h - Mercado do Levante beside the Bus Station

DAILY

Visit the new Charity Shop in Amádena - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - 282 687 334 (LAPS - Lagos Animal Protection Society)

www.the-news.net

SOUTH

LOULÉ

NOVEMBER 29

Arte Algarve fair from Nov 29 to Dec 1 - Expo Algarve grounds - Open daily from 15h to 22h - The entrance fee is €4

UNTIL DECEMBER 2

Gallery Studio 21's new exhibition 'Different Directions' by Charlie and Hilary Holt - The gallery is situated within the walls of Historic Loulé's arte district - aliza@gallerystudio21.com

MONCHIQUE

UNTIL MID DECEMBER

New paintings and photos in an exhibition called 'Mystical Alentejo' by five international artists Ben Helmink, Gisele Barbosa de Araújo, Bianca Luig, Clive Cook and Kasia Wrona - Galeria Arte Algarve - Largo 5 de Outubro 14 - open Tue-Fri 10-17h - 282 913 130 or Tm. 925004051 - More details at www.artelgarve.net

PADERNE

DAILY

'Three-part art' Exhibition by Florence Clayette, Meinke Flessman and Clifford Martin Tuson at Galeria Corte Real - Signposted from Ferreiras, Boliqueime & Pademe - 918 980 199 / 912 737 762

PORTIMÃO

UNTIL DECEMBER 12

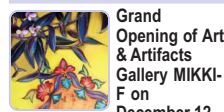
Exhibition 'As Carrinhas de Portimão (Portimão Carriages) - Temporary Exhibitions Room of the Portimão Museum - Open Tuesdays from 14h30 to 18h00; Wednesday to Sunday from 10h00 to 18h00 - 282 405 265

TUESDAYS

The New Orleans Jazzband play at Mariner's Bar/restaurant, Rua Santa Isabela, 20h30 - 914 806 310

SILVES

DECEMBER 12 & 13



Grand Opening of Art & Artifacts Gallery MIKKI-F on December 12 and 13 from 10h00 to 18h00 (Free T-Shirts) - Art Exhibition of original paintings and ceramic sculptures, Interior Decoration, Colour Advice, Acryl on Canvas, Wall Painting - Open week days from 10h00 to 19h00; closed Saturdays and Sundays from 13h00 - Mikki-F is situated on Poço Barreto (From Guia: Before you enter Algoz take the 1st street on the left past the restaurant O João; From Algoz centre: On the road to Guia take the 2nd street on the right opposite the restaurant O Marinho) - 964 934 612 - www.mikki-f.exto.be

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NORTH

PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - 220 120 214 - Av. da Boavista, 604-610 - www.casadamusica.com

DAILY

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum



CASCAIS

DAILY

» **Cascais Cultural Centre** - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

» **Naval Club** - The Cascais Naval Club is situated on the bay, and important international competitions are organised from here. There is a sailing school on weekends.

» **Sea Museum - Rei D. Carlos** - The museum has a vast range of exhibits related to the sea. There are sections on natural history, ethnology and underwater archaeology. The collection includes old maps, fishermen's clothing, models of boats and treasures salvaged from ships wrecked in the sea around Cascais and in the Tagus estuary - Guided tours: 214825081 - Rua Júlio Pereira da Mello in Cascais - Open: from 10h00-19h00; closed on Mondays and Public Holidays - 214 825 400

ESTORIL

DAILY

» **National Coach Museum** - Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open from 10h00 to 17h30 (Closed Mondays) and public holidays - Praça Afonso de Albuquerque - 213610850

» **Casino Estoril** - Praça José Teodoro dos Santos - 214 667 700 - Info.estoril@estoril-sol.com

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BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Nigel Slater's Simple Suppers. (R) (T) 12.00 BBC News; Regional News; Weather. (T) 12.15 Football Focus. (T) 1.00 Inside Sport: Mind Games - Depression in Sport. (R) (T) 1.40 A Question of Sport. (R) (T) 2.10 Live International Rugby Union. Ireland v South Africa (Kick-off 2.30pm). (T) 4.30 Final Score. (T)

5.10 BBC News; Regional News; Weather. (T)
5.30 Hole in the Wall. With Simon Rimmer, Toyah Wilcox, Zaraah Abrahams and Barney Harwood. (T)

6.05 Merlin. Arthur is bewitched into falling for a rival king's daughter. (T)

6.50 Strictly Come Dancing. The six remaining couples compete in the hope of securing a place in the quarter-final, before one is eliminated in the dance-off. With Nelly Furtado, James Morrison and Rhydian. (T)

8.25 The National Lottery Draws. More fortunes are made as Melanie Sykes sets the balls rolling for the all-important results of the Thunderball, Dream Number and Lotto draws. (T)

8.35 Casually. Polly is haunted by Alistair's death and treating the victims of a botched bank robbery leads to erratic behaviour and a startling confession. The trainees compete for a prestigious hospital fellowship. Tess summons the courage to ask Trevor out, and Sean returns, feigning acceptance of Jessica's relationship with Adam. Guest starring former Coronation Street actor Charlie Condou. (T)

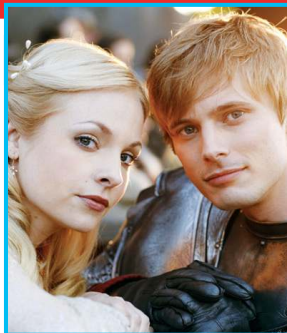
9.25 The Impressions Show with Cullshaw and Stephenson. Sketches include Amy Winehouse's audition for a role in Doctor Who, and the continuation of Tess David and Vernon Kay's holiday with an unwanted third party. Michael McIntyre also endures a Bad Job for a Celebrity, Simon Cowell reads an unlikely bedtime story, and DCI Gene Hunt appears in an episode of Poirot. (T)

9.55 BBC News; Weather. (T)

10.20 Match of the Day. Gary Lineker introduces highlights of today's Premier League fixtures, including Manchester City v Hull City at the City of Manchester Stadium and Portsmouth v Manchester United at Fratton Park. Mark Hughes's men routed the Tigers on home soil last season, winning 5-1 with the help of a brace from Brazilian striker Robinho. Pompey were undone by a solitary Darren Fletcher goal when they hosted the Red Devils last term and went into today's meeting languishing in the relegation places; (T) National Lottery Update. (T)

11.40 The Football League Show. Highlights include Derby County v Reading. (T)

12.30 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 1.35 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 7.00 CBBC: Dennis and Gnasher. (R) (T) 7.15 Dennis and Gnasher. (R) (T) 7.25 Sportsround. (R) (T) 7.40 What's New Scooby-Doo? (R) (T) 8.00 Gimme a Break. (R) (T) 8.30 TMI. (T) 10.00 Best of Friends. (R) (T) 10.30 Ed and Ocho's Excellent Inventions. (R) (T) 11.00 The Story of Tracy Beaker; (R) (T) Diddy Dick & Dom. (R) (T) 11.30 Animals at Work. (R) (T) 12.00 BBC Switch: The Cut. (T) 12.25 BBC Switch: The Season. (T) 12.55 BBC Switch: Revealed. (T) 1.10 BBC Switch: Kyle XY. (T) 2.00 Live Tennis. The first ATP Tour World Finals singles semi-final. (T) 5.00 Live International Rugby Union. Wales v Australia (Kick-off 5.15pm). (T) 7.30 Coast. A journey from Jersey to Dover, where Neil Oliver tells the tragic story of the first Channel swimmer, while Alice Roberts explores how Jersey became a honeymoon haven. (T) 8.00 Berlin. The city's role at the centre of world history. Last in the series. (T) 9.00 Why Beauty Matters. Roger Scruton considers the importance of beauty to art and campaigns for its restoration, arguing that in the 20th century almost all forms instead made a cult of ugliness. Part of the Modern Beauty season. (T) 10.00 Have I Got a Bit More News for You. With Alexander Armstrong, Jimmy Carr and Bob Crow. (T) 10.40 The Thick of It. (T) 11.10 Defying Gravity. (T) 11.55 Never Mind the Buzzcocks. (R) (T) 12.25 FILM: Family Business (1989). Crime comedy, starring Sean Connery and Dustin Hoffman. (T) 2.15 Close.

Pick of the Day

Merlin, BBC1, 6.05pm

Now that we're halfway through the second season of this terrific fantasy adventure, we're getting good at spotting baddies in Camelot. They're usually the ones pretending to be friendly and welcoming, and eventually reveal they have three heads and an unquenchable thirst for blood. It's a winning formula, and it paves the way tonight for yet more myth, magic and mayhem as the only boy wizard who could kick Harry Potter's butt serves up more Saturday evening entertainment. Dignitaries from rival kingdoms descend on Camelot for peace talks, but what King Aligned really wants is war. He'll do everything in his power to stir up hostilities, even if it means using magic. Aligned's jester, Tricker, puts a spell on Arthur to make him fall madly in love with rival King Olaf's beloved daughter, Vivian. Chaos reigns in the palace and Camelot is once more poised on the brink of war. Can Merlin free Arthur's heart before the prince loses his head in battle? The good thing about this show is that whether you know the legends or not, the scriptwriters keep serving up fresh ideas, and the action really does get hotter each week.

C4

6.05 Sali Mali. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 World Sport. 7.30 Sailing. 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.25 T4: The World's Greatest Pop Star. Pink. (R) (T) 10.30 T4: Friends. (R) (T) 11.00 T4: The Holyoaks Music Show. (T) 11.35 T4: 90210. (T) 12.30 T4: Scrubs. (R) (T) 1.00 T4: Scrubs. (R) (T) 1.30 Channel 4 Racing from Newbury and Newcastle. Including the 2.40 Hennessy Gold Cup Chase (H'cap) (3m 2 1/2). (T) 3.45 My First Year. (T) 4.10 My First Year. (T) 4.40 Come Dine with Me. (R) (T) 5.15 Come Dine with Me. (R) (T) 5.45 Come Dine with Me. (R) (T) 6.15 Come Dine with Me. (R) (T) 6.50 Come Dine with Me. (R) (T) 7.15 Channel 4 News. (T) 7.45 How to Look Good Naked. Gok Wan comes to the aid of 72-year-old Sue. Last in the series. (R) (T) 8.45 Britain's Real Monarch. Intriguing evidence suggesting Edward IV was illegitimate - a theory that would invalidate the succession of every subsequent British monarch. Tony Robinson presents. (R) (T) 9.45 FILM: Employee of the Month (2006). Premiere. Two competitive coworkers battle it out to win a company award and the heart of a new cashier. Comedy, starring Dane Cook and Dax Shepard. (T) 11.50 4Music: George Michael: Video Exclusive. 11.55 4Music: Live from Abbey Road. (T) 1.00 FILM: Beyond the Sea (2004). Premiere. Biopic, starring Kevin Spacey. 3.15 Benefit Busters. (R) (T) 4.10 Switched. (R) (T) 4.35 Beauty & the Geek. (R) (T) 5.20 St Elsewhere. (R)

FIVE

6.00 Sunrise. 7.00 Milkshake! Angels of Jarm. (R) (T) 7.05 Milkshake! Bop Box. (R) (T) 7.10 Fireman Sam. (R) (T) 7.25 Rupert Bear. (R) (T) 7.35 Miao Miao. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.50 Noddy in Toyland. (T) 8.05 Funky Valley. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.25 Mist Sheepdog Tales. (R) (T) 8.40 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 Little Princess. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 NFL UK. (T) 11.00 The Gadget Show. (R) (T) 12.05 Britain's Best Brain. (R) (T) 1.00 The Hunt for Red October. The True Story. (R) (T) 2.05 FILM: Indian Uprising (1951). Western, starring George Montgomery. (T) 3.35 FILM: The Adventures of Robin Hood (1938). Swash-buckling adventure, starring Errol Flynn. (T) 5.40 FILM: The Cannonball Run (1981). Car-race comedy, starring Burt Reynolds. (T) 7.30 Five News. (T) 7.35 NCIS. The team investigates the disappearance of a Marine, and discovers three former members of his unit have died recently, leading to suspicions that a serial killer may be at large. (R) (T) 8.30 CSI: NY. Mac and Danny try to catch the killer of a woman whose body was found in a pile of money - a mystery compounded by the discovery that he had been building an ark behind his home. (R) (T) 9.25 CSI: Crime Scene Investigation. The team fears a public health emergency may be imminent. (R) (T) 10.25 Law & Order: Special Victims Unit. (T) 11.20 CSI: NY. (R) (T) 12.15 SuperCasino. 3.55 Great Art. (R) (T) 4.20 House Doctor. (R) (T) 4.45 Rough Guide to Weekend Breaks. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 My Parents Are Aliens. (R) (T) 10.10 Teenage Mutant Ninja Turtles. (T) 10.40 Art Attack. (R) (T) 11.05 Tricky Trickies. (R) (T) 11.10 The Crocodile Hunter Diaries. (R) (T) 12.10 News and Weather. (T) 12.14 London Weather. (T) 12.15 Live FA Cup Football. Northwich Victoria v Lincoln City (Kick-off 12.45pm). (T) 2.45 FILM: Free Willy 3: The Rescue (1997). Family adventure, starring Jason James Richter. (T) 4.20 London Tonight; Weather. (T) 4.35 FILM: Star Wars: Episode V - The Empire Strikes Back (1980). Sci-fi adventure sequel, starring Harrison Ford. (T)

5.45 ITV News and Weather. (T)
6.00 FILM: Star Wars: Episode V - The Empire Strikes Back (1980). Concluded. (T)

7.00 New You've Been Framed! Harry Hill narrates another selection of camcorder calamities and viewers' mobile phone footage, including an out-of-control rally car, a showdown between a cat and a dog, and a trampoline with very little bounce. (T)

7.30 Harry Hill's TV Burp. The comedian reviews the past week's TV, subjecting the latest soap sagas, reality shows and documentaries to his unique brand of scrutiny. Harry also has the answer to the weekly competition, revealing which programme the Knitted Character appeared on this week. Last in the series. (T)

8.00 The X Factor. The battle for the X Factor crown continues as the five remaining acts compete to win viewers' votes and impress judges Simon Cowell, Cheryl Cole, Dannii Minogue and Louis Walsh. With a few shock results in the past weeks and constantly changing bookies' favourites, all the contestants will be hoping to raise their game and avoid a position in the bottom two as they fight to move one step closer to a record deal. Presented by Dermot O'Leary. (T)

9.45 I'm a Celebrity Get Me Out of Here! Ant and Dec present the celebrity challenge, which sees the famous faces have another surprise thrown at them as they begin their third and final week in the Australian jungle. Plus, more updates from yesterday, including daily tasks and the Bushucker Trial. (T)

10.45 ITV News and Weather; Weather. (T)
11.00 FA Cup Football Highlights. Ned Boulting and Robbie Earle present action from the second round ties, including Wrexham v Swindon Town at the Racecourse Ground, Northwich Victoria v Lincoln City at Victoria Stadium and Northampton Town v Southampton at Sixfields Stadium. (T)

12.30 Nightwatch with Steve Scott: Crime. (R) (T) 1.20 FILM: Children of Heaven (1997). Iranian comedy drama, starring Mir Fakhro Hashemian; ITV News Headlines. 2.50 Crossing Jordan. (R) (T) 3.35 ITV Nightscreen.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top 1530 The Vampire Diaries, series 1615 Telerural 1645 Programa das Festas 1900 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Conta-me Como Foi 2215 Dança Comigo no Gelo 0030 Carga Pesada 0115 Lipstick Jungle, series 0200 Film 0400 Telesales

RTP2
0700 Euronews 0800 África 7 Dias 0830 Notícias de Portugal 0900 Open University 1000 Zig Zag 1230 Film 1400 Parlamento 1500 Sports 1900 Artes de Rua 1930 Kordavision 2100 7 Palmas de Testa 2155 A Hora da Sorte 2200 News 2240 Sweet November, film 0040 Dr Zhivago, film 0330 Artes de Rua 0400 7 Palmas de Testa 0445 Euronews

SIC
0600 Etnias 0645 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 Our World 1300 News 1400 Alta Definição 1430 Episódio Especial 1500 Film 1645 Film 1830 Idolos 2000 News 2130 Perfeito Coração 2245 M/F: Sarilhos em Casa 0015 Film 0215 Quando o Telefone Toca
TVI
0700 Children TV 0930 Inspector Max 1030 Hannah Montana 1115 Deluxe 1215 Antevésio 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2130 Deixa Que Te Leve 2245 Ele é Ela 2345 Sentimentos 0045 Naked Gun 33 1/3, film 0230 Sempre a Somar 0400 Heroes, series 0530 Telesales

Best of the Rest

BBC3
7.00 Merlin Secrets and Magic 7.15 The Real Hustle on Holiday 7.45 Top Gear 8.45 Don't Get Screwed 9.15 The Real Hustle on Holiday 9.45 Film: Bruce Almighty 12 (2003) 11.20 Russell Howard's Good News Extra 12.05 Family Guy 12.30 American Dad! 12.55 American Dad! 1.15 Film: Look Who's Talking Now PG (1993) 2.45 Young Mechanic of the Year 3.45 Russell Howard's Good News Extra 4.30 Don't Get Screwed 5.00 The Real Hustle on Holiday 5.30 Close

BBC4
7.00 Balmoral 8.00 Cranford 9.00 Gracie! 10.20 Spiral 11.10 Spiral 12.05 The Great Continental Escape Bubble Update 1.05 Cranford 2.05 Film: Anna M 15 (2007) 3.50 Close

ITV2
1.30 The Planet's Funniest Animals 1.55 ITV at the Movies 2.25 Holiday Airport: Orlando 4.25 All Star Family Fortunes 5.10 Gossip Girl 6.10 Film: Richie Rich PG (1994) 8.00 Holiday Showdown 9.30 The Planet's Funniest Animals 9.30 The Fratellis: The Hot Desk 9.45 The Xtra Factor 10.45 I'm a Celebrity Get Me Out of Here Now! 11.50 Harry Hill's TV Burp 12.20 The X Factor 2.05 The Xtra Factor 3.00 Judge Judy 3.20 Teleshopping 5.50 ITV2 Nightscreen

Sky1
1.00 Don't Forget the Lyrics 2.00 The Real A&E 3.00 Cold Case 4.00

Guinness World Records Smashed! 5.00 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Futurama 8.30 Futurama 9.00 UK Border Force 10.00 50 Greatest TV Endings 10.20 Road Wars 2.25 Night Cops 2.00 Road Wars 2.25 Prison Break 3.15 Inside a Gunshot Victim 4.10 Road Ragers 5.05 Are You Smarter Than a 10 Year Old?

GOLD
1.10 As Time Goes By 1.45 Film: The Belles of St Trinian's U (1954) 3.40 Only Fools and Horses 5.10 Only Fools and Horses 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 9.00 Film: Ghostbusters PG (1984) 11.05 Jonathan Creek 12.20 Steptoe and Son 1.00 As Time Goes By 1.40 As Time Goes By 2.15 As Time Goes By 2.50 Close Up 3.00 Close

TCM
1.00 Charro PG (1969) 3.00 The Big Country PG (1958) 6.10 A Majority of One U (1961) 9.00 Manhunter 18 (1986) 11.20 Bloodbrothers 15 (1978) 1.40 The Oklahoman U (1957) 3.00 Teleshopping 5.00 Charro PG (1969)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: High School Musical Dance-Along Version U (2006) Teen musical, starring Zac Efron and Vanessa Hudgens.

The Portugal News has its distribution figures officially audited.
Call 707 500 677 for details.

MOVIES

Sky Movies Drama

6.30 Second Sight 12 (2007) 8.05 The Astronaut Farmer PG (2006) 9.55 Cleaver 12 (2007) 11.30 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett. 1.30 The Great Gatsby 12 (1974) With Robert Redford. 4.00 The Top 10 Show 4.15 Gone Baby Gone 15 (2007) With Casey Affleck. 6.15 Nights in Rodanthe PG (2008) With Richard Gere. 8.00 When a Man Loves a Woman 15 (1994) With Andy Garcia. 10.10 No Reservations PG (2007) With Catherine Zeta-Jones. 12.00 The Brave One 18 (2007) With Jodie Foster. 2.10 Rumble Fish 18 (1983) With Matt Dillon. 3.50 On Broadway 12 (2007) 5.40 The Top 10 Show

Sky Movies Comedy

6.35 Blazing Saddles 15 (1974) 8.15 Alex Zane's Guest List 8.45 Another Stakeout PG (1993) 10.40 Houseit PG (1991) 12.25 The Top 10 Show 12.45 Blazing Saddles 15 (1974) With Mel Brooks. 2.25 Meet the Parents 12 (2000) With

Robert De Niro. 4.15 Me, Myself and Irene 15 (2000) With Jim Carrey. 6.15 Brewster's Millions PG (1985) With Richard Pryor. 8.00 Meet the Parents 12 (2000) With Robert De Niro. 9.50 Pineapple Express 15 (2008) With Seth Rogen. 11.45 Me, Myself and Irene 15 (2000) With Jim Carrey. 1.45 Brewster's Millions PG (1985) With Richard Pryor. 3.30 Pineapple Express 15 (2008) 5.25 Houseit PG (1991)

Sky Movies Action/Thriller

6.25 F/X2: The Deadly Art of Illusion 15 (1991) 8.25 The Game 15 (1997) 10.40 Babylon AD 15 (2008) 12.20 Hitman 15 (2007) With Timothy Olyphant. 2.05 The Game 15 (1997) With Michael Douglas. 4.00 F/X2: The Deadly Art of Illusion 15 (1991) With Bryan Brown. 6.20 Babylon AD 15 (2008) With Vin Diesel. 8.00 Hitman 15 (2007) With Timothy Olyphant. 9.40 The Top 10 Show 10.00 Wanted 18 (2008) With James McAvoy. 11.55 The Condemned 18 (2007) With Steve Austin. 1.55 Sleepers 18 (1996) With Brad Pitt. 4.25 Volcano: Fire on the Mountain PG (1997)

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SPORT

Sky Sports 1

6.00 Live European Tour Golf. The Mission Hills World Cup. 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 5.00 Live Premiership Rugby Union. Bath v London Irish (Kick-off 5.35pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Scottish Premier League Football 3.15 Sky Sports Classics 3.30 Live European Tour Golf. The Mission Hills World Cup.

Sky Sports 2

6.00 Live Test Cricket. Australia v West Indies. 7.00 Live Test Cricket. India v Sri Lanka. 11.30 International Cricket 12.30 Live ATP World Tour Finals Tennis. The opening semi-final at the O2 arena in London. 4.30 Test Cricket 5.30 Test Cricket 6.30 Scottish Premier League Football 7.00 Live ATP World Tour Finals Tennis. The second semi-final from the O2 arena in London. 11.00 Scottish Premier League Football 11.30 Champions League Weekly 11.55 Live Test Cricket. Australia v West Indies.

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Friday Night Night 9.00 WWE: Smackdown 11.00 WWE: Bottom Line 12.00 World Sport 12.30 Live Scottish Premier League Football. Aberdeen v Rangers (Kick-off 12.45pm). 3.00 Friday Night Night 5.00 WWE: Smackdown 6.55 Live Spanish Football. Valencia v Real Mallorca (Kick-off 7.00pm). 9.00 Live Spanish Football. Sevilla v Malaga (Kick-off 9.00pm). 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 Premiership Rugby Union 5.00

Champions League Weekly 5.30 World Sport

British Eurosport

7.30 Live Weightlifting. The World Championships from Goyang City. 9.00 Live Luge. The World Cup meeting from Innsbruck, Austria. 9.45 Live Nordic Combined Skiing. The World Cup season gets under way in Kuusamo, Finland. 10.45 Live Weightlifting. The World Championships from the Exhibition Hall in Goyang City. 12.00 Live Cross-Country Skiing. The World Cup meeting from Kuusamo, Finland. 12.45 Luge 1.15 Live Nordic Combined Skiing. Further coverage of the World Cup meeting from Kuusamo, Finland. 2.00 Live Ski Jumping. The World Cup meeting from Kuusamo, Finland. 3.45 Live Luge. World Cup coverage from Innsbruck, Austria. 4.45 Wintersports: Breaking the Ice 5.00 Live Alpine Skiing. The women's World Cup giant slalom from Aspen, Colorado. 6.00 Ski Jumping 6.30 Live Alpine Skiing. The men's World Cup downhill from Lake Louise. 8.00 Live Alpine Skiing. The women's World Cup giant slalom from Aspen. 8.50 Wintersports Weekend 9.00 Alpine Skiing 10.00 Luge 11.00 Alpine Skiing 12.00 Ski Jumping 12.55 Wintersports Weekend 1.00 Close

Sky Sports Xtra

6.00 Tight Lines 7.00 Football League Weekend 8.00 Champions League Weekly 8.30 World Sport 9.00 NFL: America's Game 10.00 Max Power 11.00 European Tour Golf 4.00 NFL: Total Access 5.00 Champions League Weekly 5.30 Golf Night 7.30 Live Premier League Snooker. The semi-finals from Norfolk. 11.30 Golf Night 1.30 Spanish Football 3.00 Max Power 4.00 World Sport 4.30 Spanish Football

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BBC1

6.00 Breakfast. (T) 7.35 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 Fern Britton Meets Dolly Parton. (T) 11.00 Country Tracks. (T) 12.00 The Politics Show. (T) 1.00 'Allo 'Allo! (R) (T) 1.30 Murder, She Wrote. (R) (T) 2.15 EastEnders. (T) 4.40 Points of View. (T) 4.55 Songs of Praise. (T)

5.30 BBC News; Regional News; Weather. (T)
6.00 Life. Exploring mammals' ability to learn new tricks to aid hunting and evading predators. Slow-motion cameras reveal the star-nosed mole's newly discovered technique for detecting prey underwater, while a young ibex runs up an almost vertical cliff face to escape a fox. A killer whale off the coast of the Falklands sneaks into a pool used by elephant seal pups and snatches them, saving itself the trouble of searching for food in the open sea, and three cheetah brothers work together to hunt a zebra. Narrated by David Attenborough. (R) (T)

7.00 Countryfile. Matt Baker and Julia Bradbury visit Bournemouth to try out the northern hemisphere's only artificial surf reef. Tom Heap investigates proposals to build new nuclear power stations in Cumbria, and Adam Henson tests the cattle on his Cotswold farm for tuberculosis. Including Weather for the Week Ahead. (T)

8.00 Antiques Roadshow. The team values more rarities at Bletchley Park near Milton Keynes, home of the Enigma code-breakers of World War Two. Objects under scrutiny include an ornate vase that nearly ended up in the dishwasher, a teddy bear with a secret story and an art deco brooch that leaves the evaluators in awe. Presented by Fiona Bruce. (T)

9.00 New Tricks. Jack and Strickland form an unlikely alliance that sees them break the rules to find out why a British soldier died while taking part in a Ministry of Defence medical trial. With three of the man's colleagues now suffering from psychological, drink or memory problems, the team considers whether he died as a result of the experiment, or if he was a victim of an Army cover-up. (R) (T)

10.00 BBC News; Regional News; Weather. (T)
10.25 The Royle Family. Denise decides to cook the Christmas dinner after being inspired by Nicola Lawson, and invites Dave's parents, much to Jim's dismay. Festive edition of the award-winning comedy from 2008, starring Ricky Tomlinson, Sue Johnston, Caroline Aherne and Craig Cash, with Dave's mum and dad played by Tom Courtenay and former Bad Girls star Helen Fraser. (R) (T)

11.25 FILM: Rising Dam (1980). Comedy, starring Leonard Rossiter; (T) Weatherview. (T)
1.05 Sign Zone: When a Mother's Love Is Not Enough. (R) (T) 1.55 Sign Zone: Holby City. (R) (T) 2.55 Sign Zone: James May's Toy Stories. (R) (T) 3.55 Sign Zone: Miranda. (R) (T) 4.25 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 7.00 CBBC: Uncle Max. (R) (T) 7.10 OoGies; (R) (T) Diddy Dick & Dom. (R) (T) 7.30 Prank Patrol. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 The Secret Show. (R) (T) 8.30 MI High. (R) (T) 9.00 The Sorcerer's Apprentice. (T) 10.00 Something for the Weekend. (T) 11.30 Escape to the Country. (R) (T) 12.15 FILM: Island in the Sky (1953). Action adventure, starring John Wayne. (T) 2.00 Live Tennis. The singles final of the ATP World Tour Finals. (T) 5.35 Meerkat Manor. (T) 6.00 Montezuma. (R) (T) 7.00 The Joy of Motoring. Historian Tristram Hunt presents the story of motoring and how it has changed over the years. He also looks at the cars that have defined different generations. (T) 8.00 Ray Mears' Northern Wilderness. The traditions of the west coast of Canada. Last in the series. (T) 9.00 Top Gear. Jeremy Clarkson and Richard Hammond debate which company has made the greatest number of exceptional cars, and Radio 2 DJ Chris Evans is the Star in a Reasonably Priced Car. (T) 10.00 Miranda. Penny puts Miranda under pressure to improve her career prospects. (R) (T) 10.30 Match of the Day 2. (T) 11.30 Argumental. (T) 12.00 FILM: A Man Called Horse (1970). Western, starring Richard Harris. (T) 1.50 BBC News. 1.50 Reporters. 2.00 BBC News. 2.30 Dateline London. 3.00 BBC News. 3.30 Click. 4.00 BBC News. (T) 4.25 Click. 4.00 BBC News. (T) 4.25 Click.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Pick of the Day

The Queen, CH4, 9pm

Helen Mirren must be seething. She probably thought she'd committed the definitive portrayal of our current monarch to celluloid when she won an Oscar for her leading role in The Queen. And then, Channel 4 had the audacity to cast no less than five leading actresses as Elizabeth II in this drama examining Britain's social history via key events in her reign. First to enter the fray is Emilia Fox, who plays the Queen around the time of her coronation in 1953. The story follows her reaction to the news that her younger sister, Princess Margaret, plans to marry royal servant Gordon Captain Peter Townsend, a divorcee 16 years her senior. At the time, the Church refused to sanction marriages to those who had been divorced, while the Commonwealth prime ministers and the British government would not to approve the union — unless Margaret renounced her right of succession. However, by the middle of the 1950s, the winds of change were being ushered in. New prime minister Anthony Eden was himself a divorcee, and despite her wedding plans being put on hold for several years, Margaret still hoped to marry Townsend. We obviously know that she didn't go through with it, but this programme reveals why. Samantha Bond, Susan Jameson, Barbara Flynn and Diana Quick play the Queen in forthcoming episodes broadcast on consecutive days this week.

C4

6.10 The Hoobs. (R) (T) 6.40 Beach Volleyball. (R) (T) 7.30 Survival of the Fittest. (T) 8.00 The Great Westminster Series. (T) 8.55 T4: Friends. (R) (T) 9.30 T4: Hollyoaks. (T) 12.00 T4: 90210. (T) 1.00 T4: The World's Greatest Pop Star: Result. (T) 2.00 T4: The Simpsons. (R) (T) 2.30 T4: The Simpsons. (R) (T) 3.00 T4: T4's Stars of 2009. (T) 5.05 Deal or No Deal. (T) 5.55 Channel 4 News. (T) 6.25 FILM: Robots (2005). A robot-inventor battles the evil machinations of big business. Animated adventure, with the voices of Ewan McGregor and Halle Berry. (T) 8.00 Come Dine with Me. Four Colchester residents compete to throw the perfect dinner party. (T) 9.00 The Queen. New series. Dramatic retelling of key events in Elizabeth II's life, beginning with her handling of Princess Margaret's affair with Group Captain Peter Townsend. Emilia Fox stars. Continues tomorrow. (T) 10.00 FILM: Sunshine (2007). Premiere. A spaceship crew is sent on a perilous mission to reignite the dying sun. Danny Boyle's sci-fi thriller, with Cillian Murphy and Chris Evans. (T) 12.10 My Name Is Earl. (R) (T) 12.40 My Name Is Earl. (R) (T) 1.10 My Name Is Earl. (R) (T) 1.45 FILM: Kung Pow: Enter the Fist (2002). Spoof martial arts adventure, starring Steve Oedekerk. (T) 3.10 Harold. (R) (T) 3.20 Studio 60 on the Sunset Strip. (R) (T) 4.05 Beauty & the Geek. (R) (T) 4.55 St Elsewhere. (R) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Fireman Sam. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 Hana's Helpline. (R) (T) 7.40 The WotWots. (R) (T) 7.55 Noddy in Toyland. (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.25 Mist: Sheepdog Tales. (R) (T) 8.45 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 Little Princess. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 Shake!: Snobs. (R) (T) 10.30 Wizards of Waverly Place. (T) 11.00 Hannah Montana. (T) 11.35 The Tribe. (T) 12.05 Zoo Days. (R) (T) 12.40 FILM: My Fellow Americans (1996). Satirical comedy, starring Jack Lemmon and James Garner. (T) 2.30 FILM: The Secret Garden (1993). Children's drama, starring Kate Maberly. (T) 4.30 FILM: RV: Runaway Vacation (2006). Comedy, starring Robin Williams. (T) 6.20 Five News. (T) 6.25 FILM: Firefox (1982). A retired US pilot is persuaded to steal a Russian fighter plane undetectable by radar. Action adventure, starring Clint Eastwood and Freddie Jones. Includes Five News Update at 19.20. (T) 9.00 FILM: The Green Mile (1999). A prison guard amazed by the healing power and gentleness of a child-killer on death row comes to doubt his guilt. Supernatural drama, with Tom Hanks. Includes Five News Update at 21.55. (T) 12.40 Urban Legends. (R) (T) 1.10 NFL Live. A top game. 4.40 NFL Classic. (R) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Paz. 9.35 FA Cup Football Highlights. (R) (T) 11.05 Corporation Street. (T) 1.20 News and Weather. (T) 1.29 London Weather. (T) 1.30 Live FA Cup Football. Kettering Town v Leeds United (Kick-off 1.45pm). (T) 4.15 A Touch of Frost. (R) (T)

6.15 London Tonight. Weather. (T)
6.30 ITV News and Weather. (T)
6.45 Harry Hill's TV Burp. A review of the week's small-screen highlights. Last in the series. (R) (T)

7.15 All Star Family Fortunes. Retired Olympic heptathlete Denise Lewis and Paralympic swimmer Eleanor Simmonds, gold medalists in 2000 and 2008 respectively, are joined by their families as they compete to win up to £30,000 for their chosen charities, the African-Caribbean Leukaemia Trust and the Dwarf Athletic Association. Hosted by Vernon Kay. (T)

8.00 The X Factor. Rihanna and Alicia Keys perform their new singles Russian Roulette and Doesn't Mean Anything, from their latest albums. Dermot O'Leary then announces the results of the public vote and the contestants in the bottom two have to sing again, before Simon Cowell, Cheryl Cole, Louis Walsh and Dannii Minogue pick their favourite. However, if that process ends in deadlock, the act with the fewest phone votes is the one going home — just two weeks before the final. (T)

9.00 I'm a Celebrity Get Me Out of Here! Ant and Dec present the celebrity survival challenge, revealing the result of the viewer vote to decide who stays and who must leave the jungle for good. Plus, an update on yesterday's camp action including another Bushucker Trial. (T)

10.30 ITV News and Weather. Weather. (T)
10.45 FA Cup Football Highlights. A round-up of today's second-round ties, which included Kettering Town v Leeds United at Rockingham Road. Leeds lost to non-league Histon at this stage last season and were keen to avoid another upset, with a place in the potentially lucrative third round awaiting the winners. Presented by Ned Boulting and Robbie Earle. (T) Premiership Rugby Union. Highlights of the weekend's top-flight games, including Worcester Warriors v Saracens at Sixways Stadium, Bath v London Irish at the Recreation Ground, Leicester Tigers v Leeds Carnegie at Welford Road and Harlequins v Gloucester at the Stoop. Presented by Craig Doyle and Martin Bayfield, with commentary by Bob Symonds and Martin Gillingham.

12.25 Champions League Weekly. (T) 12.55 Nightwatch with Steve Scott; Crime; (R) (T) ITV News Headlines. 1.45 Kojak. (R) (T) 2.40 Throw Away Furniture: Tonight. (R) 3.05 ITV Nightscreen.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1010 Mass 1115 Film 1300 News 1415 56 Vistal 1530 V. series 1615 Familia, Familia 1800 Día de Música 2000 News 2100 As Escolas de Marcelo Rebelo de Sousa 2130 O Último Passageiro 2345 Hora da Sorte: Sorteio do Joker 0000 Film 0200 Film 0345 Teleales 0605 N2s
RTP2
0700 Euronews 0730 Átrio@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 N2s 1100 Dia Terra ao Mar 1130 Consócio 1200 Vida Por Vida 1230 Olhar o Mundo 1300 Biosfera 1345 Parlamento 1445 A Voz do Cidadão 1500 Sports 1900 Couto & Coutadas 1930 Alma e a Gente 2000 The Simpsons 2100 Documentary 2200 News 2230 Câmara Clara 2340 Britcom 0040 Onda Curta 0140 Sports 0515 Euronews
SIC
0630 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Film 1545 Film 1800 Film 2000 News 2130 Perfeito Coração 2230 Ídolos 0000 Film 0215 Quando o Telefone Toca
TVI
0700 Children's TV 0915 Smackdown, wrestling 1015 Inspector Max 1115 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Deixa Que Te Leve 2200 Uma Canção Para Ti 0100 House MD, series 0200 Sempre A Soma 0315 Autores 0400 Heroes, series 0500 Teleales 0630 Todos Iguais

Best of the Rest

BBC3
7.00 The World's Strictest Parents 8.00 Merlin 8.45 Merlin Secrets and Magic 9.00 Britain's Really Disgusting Food 10.00 Family Guy 10.20 American Dad! 10.40 American Dad! 11.05 Russell Howard's Good News 11.35 Gavin & Stacey 12.05 Mouth to Mouth 12.35 Mouth to Mouth 1.05 the noughties - was that it? 2.05 Russell Howard's Good News 2.35 Britain's Really Disgusting Food 3.30 Mouth to Mouth 4.00 Mouth to Mouth 4.30 the noughties - was that it? 5.30 Click
BBC4
7.00 A History of Christianity 8.00 Cranford 9.00 Mark Lawson Talks to Imelda Staunton 10.00 Film: Princesses 18 (2005) 11.50 It's Only a Theory 12.20 Johnny Cash at Folsom Prison 1.20 Cranford 2.20 A History of Christianity 3.20 Mark Lawson Talks to Imelda Staunton 4.20 Close
ITV2
1.00 Harry Hill's TV Burp 1.30 Film: Innerspace PG (1987) 3.50 The Fratellis: The Hot Desk 4.00 Film: Richie Rich PG (1994) 5.55 Film: Kindergarten Cop 15 (1990) 8.00 Grimefighters 8.30 Grimefighters 9.00 The Xtra Factor 10.00 The Planet's Funniest Animals 10.30 I'm a Celebrity Get Me Out of Here Now! 11.35 The X Factor 12.35 The Xtra Factor 1.40 Supernatural 2.25 Teleshopping 5.55 ITV2 Nightscreen
Sky1
1.00 Oops TV 2.00 Project Runway 3.00 Angela and Friends 4.00 UK Border Force 5.00 Futurama 5.00 The Simpsons 6.00 Guinness World Records Smashed! 7.00 The Simpsons 7.30 The Simpsons 8.00

Modern Family 8.30 The Simpsons 9.00 House 10.00 Bones 11.00 Bones 12.00 Road Wars 1.00 Road Wars 1.50 Inside: Teen Lockdown 2.40 Inside King Cobra 3.30 Prison Break 4.20 So You Think You're Safe? 5.20 Are You Smarter Than a 10 Year Old?

GOLD
1.50 Film: Ghostbusters PG (1984) 4.00 Only Fools and Horses 5.55 My Family 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 Jonathan Creek 10.10 Men Behaving Badly 10.50 Men Behaving Badly 11.30 Men Behaving Badly 12.10 Men Behaving Badly 12.50 Men Behaving Badly 1.30 Men Behaving Badly 2.10 Absolutely Fabulous 2.40 Crapston Villas 3.00 Click

TCM
1.05 Elvis on Tour PG (1972) 3.00 Jack Frost PG (1998) 4.55 The Defector PG (1968) 6.50 Captain Horatio Hornblower RN PG (1991) 9.00 Forever Young PG (1992) 11.00 Wait Until Dark 15 (1967) 1.05 Forever Young PG (1992) 3.00 Teleshopping 5.00 Elvis on Tour PG (1972)

The Disney Channel
Kids' programmes from 7am, except: 3.40 Film: High School Musical 2: Around the World U (2007) Sequel to the teen musical, starring Zac Efron.

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MOVIES

Sky Movies Drama

6.00 The Legend of 1900 15 (1998) 8.10 Out of Africa PG (1985) 10.55 Imaginary Playmate 12 (2006) 12.25 The Mexican 15 (2001) With Brad Pitt, 2.30 The Boy in the Striped Pyjamas 12 (2008) With David Thewlis, 4.15 Charlie Wilson's War 15 (2007) With Tom Hanks. 6.00 Thick as Thieves 15 (2009) With Morgan Freeman. 8.00 A Mighty Heart 15 (2007) With Angelina Jolie. 10.00 American History X 18 (1998) With Edward Norton. 12.00 Looking for Mr Goodbar 18 (1977) With Diane Keaton. 2.20 Get Real 15 (1999) With Ben Silverstone. 4.20 Malpractice PG (2001)

Sky Movies Comedy

7.10 Fool's Gold 12 (2008) 9.10 Death Becomes Her PG (1992) 11.00 Turner & Hooch PG (1989) With Tom Hanks. 12.45 Step Brothers 15 (2008) With Will Ferrell, 2.35 What Happens in Vegas 12 (2008) With Cameron Diaz. 4.20 Fool's Gold 12 (2008) With Matthew McConaughey. 6.15 Turner &

Hooch PG (1989) With Tom Hanks. 8.00 Step Brothers 15 (2008) With Will Ferrell. 10.00 48 Hours 18 (1990) With Nick Nolte. 1.30 What Happens in Vegas 12 (2008) With Cameron Diaz. 3.15 48 Hours 18 (1982) 5.00 Big Business PG (1988)

Sky Movies Action/Thriller

6.10 Sky Kids 12 (2008) 8.00 Double Jeopardy 15 (1999) 9.50 Vantage Point 12 (2008) 11.25 Never Back Down 12 (2008) With Sean Faris. 1.25 Indiana Jones and the Kingdom of the Crystal Skull 12 (2008) With Harrison Ford. 3.35 Double Jeopardy 15 (1999) With Ashley Judd. 5.25 Vantage Point 12 (2009) With Dennis Quaid. 7.00 Never Back Down 12 (2008) With Sean Faris. 9.00 Indiana Jones and the Kingdom of the Crystal Skull 12 (2008) With Harrison Ford. 11.10 American Gangster 18 (2007) With Denzel Washington. 1.50 Death Sentence 18 (2007) With Kevin Bacon. 3.40 The Hand That Rocks the Cradle 15 (1992) 5.30 Billion Dollar Brain PG (1967)



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SPORT

Sky Sports 1

6.00 Live European Tour Golf. The Mission Hills World Cup. 8.30 Champions League Weekly 9.00 Scottish Premier League Football 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday. Everton v Liverpool (Kick-off 1.30pm). 3.30 Live Super Sunday. Arsenal v Chelsea (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. Barcelona v Real Madrid. 8.00 Live Spanish Football. Atletico Madrid v Espanyol (Kick-off 8.00pm). 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Spanish Football 2.00 Football Special 3.30 Super Sunday: The Last Word 4.00 Spanish Football

Sky Sports 2

6.00 Live Test Cricket. Australia v West Indies. 7.30 Live International Cricket. South Africa v England. 4.30 World Sport 5.00 FEI Equestrian World 5.30 NFL Live. Houston Texans v Indianapolis Colts (Kick-off 6.00pm). 9.00 NFL Live. Minnesota Vikings v Chicago Bears (Kick-off 9.15pm). 12.30 ATP World Tour Finals Tennis 2.30 Golf Night 4.00 FEI Equestrian World 4.30 Close

Sky Sports 3

6.00 Football First 7.30 Football First 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Racing News 11.30 Wild Sports 12.00 FEI Equestrian World 12.30 Live ATP World Tour Finals Tennis. The doubles and singles finals in London. 4.30 Wild Sports 5.00 WWE: Experience 6.00 Golf Night 7.30

Live Premier League Snooker. The final at the Potters Leisure Resort in Hopton on Sea, Norfolk. 10.30 WWE: Late Night - Afterburn 11.30 FEI Equestrian World 11.55 Live Test Cricket. Australia v West Indies

British Eurosport

7.30 Live Weightlifting. The final day of the World Championships. 9.00 Live Cross-Country Skiing. The World Cup meeting from Kuusamo, Finland. 10.00 Live Nordic Combined Skiing. The World Cup meeting from Kuusamo, Finland. 11.00 Live Luge. The World Cup meeting from Innsbruck, Austria. 11.45 Live Cross-Country Skiing. Further World Cup coverage from Kuusamo, Finland. 12.45 Nordic Combined Skiing 1.30 Live Nordic Combined Skiing. Further coverage from Kuusamo, Finland. 2.15 Luge. 3.15 Alpine Skiing 4.15 Alpine Skiing 5.00 Live Alpine Skiing. The women's World Cup slalom from Aspen, Colorado. 6.00 Live Alpine Skiing. The men's World Cup Super-G from Lake Louise. 7.45 Wintersports: Breaking the Ice 8.00 Live Alpine Skiing. The World Cup meeting in Aspen, Colorado. 8.50 Wintersports Weekend 9.00 Luge 10.00 Alpine Skiing 10.30 Cross-Country Skiing 11.30 Weightlifting 12.20 Close

Sky Sports Xtra

6.00 FEI Equestrian World 6.30 Spanish Football 8.00 Premier League Snooker 12.00 European Tour Golf 5.00 Table Tennis 6.00 Test Cricket 8.00 International Cricket 10.00 Test Cricket 12.00 Premier League Snooker 3.00 Close



Everything in English



707
500
600

BBC1

6.00 Breakfast. (T) 9.15 Rip Off Britain. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather. (T) 3.30 CBeebies: Show Me Show Me. (R) (T) 3.30 CBBC: Tronji. (R) (T) 3.55 The Secret Show. (R) (T) 4.10 Pedro and Frankensheep. (R) (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 School of Silence. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, in which members of the public answer questions in the hope of winning a cash prize. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)

7.30 Inside Out. Documentary series focusing on stories of interest to the region; (T) BBC News; Regional News. (T)

8.00 EastEnders. Ronnie returns to the Square with good news for her family as Roxie prepares to tell her about Sam's disappearance. Phil recruits Max in a plan to con Ian out of thousands, but their scheme soon goes awry, while Whitney is told about Tony's attempted suicide ahead of his trial. (T)

8.30 Panorama. Delivering a low-carbon economy is now regarded as an opportunity to make money by a new breed of business entrepreneurs. Tom Heap investigates whether political expediency has left Tesco - criticised in the past for building major stores in rural areas and the logistics of its food transportation policy - leading the business community's fightback against climate change. (T)

9.00 Life. David Attenborough turns his attention to marine invertebrates - bizarre and beautiful animals that thrive in the toughest parts of the ocean. Divers swim into a shoal of predatory Humboldt squid emerging from the depths to hunt in packs, and timelapse photography reveals starfish gathering under the arctic ice to devour a seal carcass. A camera also follows a female octopus into a cave, where she hides to protect her eggs until she starves to death. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The Graham Norton Show. The host is joined by writer and actor Stephen Fry, comedian Bill Bailey, and singers Annie Lennox and David Gray for the usual mix of comedy monologues and chat. (T)

11.20 The Apprentice USA. Donald Trump challenges the remaining competitors to write and film a commercial to promote a new computer program for one of the world's largest IT companies. (T)

12.05 The Apprentice USA; (T) Weather. (T)
12.55 Sign Zone: An Island Parish. (R) (T) 1.25 Sign Zone: Defying Gravity. (R) (T) 2.10 Sign Zone: Beautiful People. (R) (T) 2.40 Sign Zone: Horizon. (R) (T) 3.40 Sign Zone: Caribbean Food Made Easy. (R) (T) 4.10 BBC News. (T)



Pick of the Day

Miranda, BBC2, 8.30pm

She runs a toy shop, gets a kick out of telling customers that she's the mother of two little boys with two little toys (each has a wooden horse) and the highlight of her day involves some duck-verse-caterpillar racing. Does Miranda need to inject some youthful vigour into her life? That's the question she asks in another hysterical instalment of the sitcom based on the semi-autobiographical writing of comedy actress Miranda Hart. She decides to book into her local hotel, Hamilton Lodge - the definite perks being minimal travelling, no language barrier and, most importantly, no and/towel/lolly/wasp scenarios to deal with. After 26 hours at the hotel Miranda has done everything - she's had six baths, eaten every room service meal, pressed every pair of trousers she owns, and mistakenly ordered an overly familiar escort. Her trip away reaches even greater heights of oddness when she's mistaken for the hotel's visiting seminar leader. On returning from her spontaneous holiday, Miranda defends her choice of location to her disapproving friends and mother - what's not wild about getting drunk, ordering an escort, making new friends, running a seminar and jumping out of a window?

BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Pingu. 7.00 CBBC: Martha Speaks. (R) (T) 7.15 Martha Speaks. (R) (T) 7.25 Newsround. (T) 7.30 Ed and Ocho's Excellent Inventions. (R) (T) 8.00 Wait for It! (R) (T) 8.30 CBeebies: Pingu. (R) 8.35 Pingu. (R) 8.45 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Yoko Jakamoko! Toot! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Literacy. (T) 11.20 Black History. (T) 11.30 Black History. (T) 11.40 Class Clips. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Open House. (R) (T) 2.15 Animal Park: Wild in Africa. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Ready Steady Cook. (R) (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Coal House at War. The pressure to fuel the front line grows. (T) 7.30 An Island Parish. The gironing championships approach. (T) 8.00 University Challenge. Imperial College London takes on St Hugh's College, Oxford. (T) 8.30 Miranda. A hotel stay excites excitement to Miranda's life. (T) 9.00 School of Saatchi. The artists produce pieces for the Hastings seafort. (T) 10.00 Qi. With David Mitchell, Rob Brydon, Dara O'Brian and Alan Davies. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Have I Got News for You. (R) (T) 11.50 Defying Gravity. (R) (T) 12.35 BBC News. (T) 4.10 Close.

C4

6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Friends. (R) (T) 10.00 Friends. (R) (T) 10.30 The Big Bang Theory. (R) (T) 11.00 Ugly Betty. (R) (T) 12.00 News at Nobel. (T) 12.30 3 Minute Wonder: One Day in Handsworth. (R) (T) 12.35 Wife Swap USA. (T) 1.30 FILM: Prince Valiant (1954). Adventure, with Robert Wagner. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Turner Prize - The Artists 2009. New series. Short films on the 2009 Turner Prize show. (T) 8.00 Dispatches: Lords, Billionaires and the Russian Connection. The purchase of British companies by Russian oligarchs. (T) 9.00 The Queen. Samantha Bond stars as Queen Elizabeth II in this drama set two decades into her reign, when she has to make friends of her enemies across the political divide. Continues tomorrow. (T) 10.00 Ugly Betty. Wilhelm's baby is kidnapped. (T) 10.55 Gordon Ramsay's F Word. (R) (T) 12.00 4Music: The Killers Live at the Royal Albert Hall. 1.05 King of the Hill. (T) 1.35 King of the Hill. (T) 2.05 Studio 60 on the Sunset Strip. (R) (T) 2.50 Invasion. (R) (T) 3.35 King of the Hill. (R) (T) 4.00 Angry George Irons. (R) (T) 4.10 Beauty & the Geek. (R) (T) 4.55 St Elsewhere. (R) 5.45 The Hoobs. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Roobarb and Custard Too. (R) (T) 6.35 The Bees. (R) (T) 6.50 Arnie and Fand. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Milkshake! Music Box. (R) (T) 9.00 Little Lodgers. (R) (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Medical Investigation. (R) (T) 12.35 Five News. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 How Do They Do It? How fighter jets refuse in mid-air. (R) (T) 7.30 Five News Update. (R) (T) 8.00 The Gadget Show: Winter Special. Testing skiing gear in Switzerland; (T) 8.00 Five News at 9. 9.00 FlashForward. Mark and Demetri travel to Hong Kong where they search for clues about agent Noh's future, while Lloyd tries to come clean about his involvement in the blackout. Last episode before the show takes a mid-season break. (T) 10.00 FlashForward: Revealed. The cast and crew discuss the sci-fi drama. (T) 10.45 FILM: Thunderbolt and Lightfoot (1974). Comedy drama, starring Clint Eastwood and Jeff Bridges. (T) 12.55 SuperCasino. 3.00 Race and Rally UK. 3.55 Motorsport Mundial. 4.20 NASCAR. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV News and Weather. (T)

7.00 Emmerdale. Will suffers a fall and starts convulsing as he, Belle, and Sam are showing Olena around the Home Farm estate. Natasha is distraught and demands to know why Mark was not there. Elsewhere, Charity tells a dismissive Debbie she is staying in the village and asks for forgiveness, and Nikhil puts pressure on Priya to reprimand Eli for taking so many breaks at work. (T)

7.30 Coronation Street. Rosie blackmails John, demanding #50,000 or she will accuse him of assaulting her. Ken makes a rash promise to Simon that he may not be able to keep, and Teresa embarrasses Lloyd with a joke at Liz's expense. Molly is relieved when Kevin confirms he still intends to leave Sally, while Eddie spots an opportunity. (T)

8.00 Chris Tarrant: Who Wants to Be a Teacher?: Tonight. (T)

8.30 I'm a Celebrity Get Me Out of Here! Ant and Dec present the celebrity survival challenge, as the famous faces continue their ordeal in the Australian jungle - except for the lucky one who is voted off by the public at the end of the show to reveal all about their time in camp. (T)

10.00 ITV News at Ten and Weather. (T)
10.30 London News and Weather. (T)

10.35 FILM: Shaun of the Dead (2004). British comedy horror, starring Simon Pegg. (T)
12.25 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.20 Loose Women. (R) 2.05 The Jeremy Kyle Show. (R) (T) 3.00 ITV Nightscreen.

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LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chamadas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Notas Soltas 2215 Salvador 2145 Jogo Duplo 2245 Prós e Contras 0115 Terminator: The Sarah Connor Chronicles, series 0200 Film 0345 Amor e Intrigas 0445 Telesales 0605 Nôs

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2145 A Vida da Sorte 2200 News 2240 WeeWee, series 2315 Dexter, series 0000 5 Para A Meia Noite 0200 Documentary 0300 Diga Lá Excelência 0400 Eurodeputados 0400 EuroNews 0515 Sociedade Civil

0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nôs Por Cá 2000 News 2200 Cenas do Casamento 2300 Viver a Vida 0030 NCIS, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca

TV
0700 Diário da Manhã 1015 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0030 Damages, series 0145 Sempre a Somar 0330 Arrested Development, series 0400 The Wedding Singer, film 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.50 JLS at 1Xtra Live 8.00 Walk on the Wild Side 8.30 Don't Get Screwed 9.00 Mouth to Mouth 9.30 Mouth to Mouth 10.00 EastEnders 10.30 Young Hairdresser of the Year 11.30 Family Guy 11.50 Family Guy 12.15 The Mighty Boosh 12.45 Don't Get Screwed 1.15 1Xtra Live 1.45 Mouth to Mouth 2.15 Mouth to Mouth 2.45 Young Hairdresser of the Year 3.45 The Mighty Boosh 4.15 Britain's Really Disgusting Food 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Versailles Stories 8.00 The Thirties in Colour 9.00 Margot 10.25 Marguerite and Armand 11.00 The Art of Spain 12.00 The Art of Spain 1.00 The Art of Spain 2.00 Margot 3.30 The Thirties in Colour 4.30 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Mr & Mrs 8.00 Harry Hill's TV Burp 8.30 News You've Been Framed! 9.00 Trinity 10.00 I'm a Celebrity Get Me Out of Here Now! 11.00 Film: Disclosure 18 (1994) 1.35 Coronation Street 2.05 Emmerdale 2.30 Teleshopping 3.00 The Montel Williams Show 3.40 Teleshopping 5.40 ITV2 Nightscreen

Sky1
1.00 Project Runway 2.00 Angela and Friends 3.30 Sell Me the Answer 4.30 Lion Man 5.00 Futurama 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Modern Family 8.30 The Simpsons 9.00 UK Border Force 10.00 Road Wars 11.00 Stargate Universe 12.00 Road Wars 1.00 Ross Kemp on Gangs 1.50 Road Wars 2.40 UK Border Force 3.30 99 Most Bizarre 4.20 99 Most Bizarre 5.10 Are You Smarter Than a 10 Year Old?

GOLD
1.10 Last of the Summer Wine 3.10 First of the Summer Wine 3.50 Jam & Jerusalem 4.30 One Foot in the Grave 5.10 As Time Goes By 5.50 Stepstone and Son 6.30 The Thin Blue Line 7.05 Last of the Summer Wine 9.00 Only Fools and Horses 9.45 Only Fools and Horses 10.25 Only Fools and Horses 11.05 Absolutely Fabulous 11.45 Vic Reeves Big Night Out 12.20 The Likely Lads 12.50 Film: And Now for Something Completely Different PG (1971) 2.35 Vic Reeves Big Night Out 3.00 Close

TCM
3.00 The Dark Crystal PG (1982) 4.50 Hotel PG (1967) 7.15 Rio Rita U (1942) 9.00 The Time to Talk About 15 (1995) 11.05 The World According to Garp 15 (1982) 1.40 Go West U (1940) 3.00 Teleshopping 5.00 Marriage on the Rocks PG (1965)

The Disney Channel
Kids' programmes from 7am

MOVIES

Sky Movies Drama

6.00 The Glenn Miller Story U (1953) 8.00 35MM 8.30 Tumbleweeds 12 (1999) 10.20 Mail Order Bride 12 (2008) 12.00 Breaking Away PG (1979) With Dennis Christopher. 1.50 The Other Boleyn Girl 12 (2008) With Natalie Portman. 3.50 Alex Zane's Guest List 4.20 Black Snake Moan 15 (2006) With Samuel L. Jackson. 6.20 Stealth 15 (2007) With Michael Caine. 8.00 Coyote Ugly 12 (2000) With Piper Perabo. 9.45 3.10 to Yuma 15 (2007) With Russell Crowe. 12.00 Sweeney Todd: The Demon Barber of Fleet Street 18 (2008) With Johnny Depp. 2.00 Inserts 18 (1975) With Richard Dreyfuss. 4.00 The Top 10 Show 4.20 Miracle in the Woods PG (1997)

Sky Movies Comedy

6.45 Daddy Day Camp PG (2007) 8.20 Ghost Town 12 (2008) 10.05 Alvin and the Chipmunks U (2007) 11.40 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 1.40 Balls of Fury 12 (2007) With Dan Fogler. 3.15 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker.

4.45 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 6.25 Alvin and the Chipmunks U (2007) With Jason Lee. 8.00 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 10.00 Ghost Town 12 (2008) With Ricky Gervais. 11.45 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 1.10 Wedding Daze 15 (2006) With Jason Biggs. 2.45 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 4.25 Daddy Day Camp PG (2007)

Sky Movies Action/Thriller

7.30 Knight Rider 2000 12 (1991) 9.20 Gone in 60 Seconds 15 (2000) 11.30 The Elger Sanction 15 (1975) With Clint Eastwood. 1.50 Eagle Eye 12 (2008) With Shia LaBeouf. 4.00 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 6.10 Butterfly on a Wheel 15 (2007) With Pierce Brosnan. 8.00 Eagle Eye 12 (2008) With Shia LaBeouf. 10.00 Rambo 18 (2008) With Sylvester Stallone. 11.35 Silver 18 (1993) With Sharon Stone. 1.25 Metro 18 (1997) With Eddie Murphy. 3.25 Next of Kin 15 (1989) 5.20 Knight Rider 2000 12 (1991)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Special 10.30 Super Sunday: The Last Word 11.00 Spanish Football 1.00 Football Special 2.30 Super Sunday: The Last Word 3.30 Spanish Football 5.00 Champions League Weekly 5.30 Soccer AM: The Best Bits 6.30 SPL Round-Up 7.00 Netbusters 7.30 Live Football League. Blackpool v Preston North End (Kick-off 8.00pm). 10.15 Time of Our Lives 11.15 Netbusters 11.45 SPL Round-Up 12.15 Soccer AM: The Best Bits 1.15 Football League 2.45 Time of Our Lives 3.45 FIFA Futsal Mundial 4.15 Max Power 5.15 SPL Round-Up 5.45 Close

Sky Sports 2

6.00 Live Test Cricket. Australia v West Indies. 7.30 FEI Equestrian World 8.00 Powder Adventures 8.30 Golf Night 10.00 International Cricket 12.00 Test Cricket 2.00 International Cricket 4.00 Test Cricket 6.00 Sailing 6.30 Wild Spirits 7.00 Golf Special 8.30 Test Cricket 10.00 Poker 12.00 Test Cricket 2.00 Poker 4.00 Football League 5.30 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Bottom Line 8.00 Premier League Snooker 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL 1.30 Powder Adventures 2.00 ATP World Tour Finals Tennis 4.00 WWE: Raw 7.00 NFL 8.30 Powder Adventures 9.00 Women's Master Sailing 9.30 FEI Equestrian World 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Vintage Collection 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Wintersports Weekend 7.35 Alpine Skiing 8.30 Alpine Skiing 9.30 Ski Jumping 10.45 Cross-Country Skiing 11.45 Cross-Country Skiing 12.45 Nordic Combined Skiing 1.45 Ski Jumping 2.45 Alpine Skiing 3.45 Alpine Skiing 4.45 Eurogals: One to One 5.00 Eurogals 5.45 Champions Club 7.15 Alpine Skiing 8.15 Alpine Skiing 9.15 Luge 11.20 Champions Club 12.55 Close

Sky Sports Xtra

11.00 ATP World Tour Finals Tennis 1.00 Premier League Snooker 4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 London Night Jump 6.00 Powder Adventures 6.30 FEI Equestrian World 7.00 Max Power 8.00 Show Jumping 9.00 London Night Jump 10.00 Golf Special 11.00 Powder Adventures 11.30 Wild Spirits 12.00 London Night Jump 1.00 Powder Adventures 1.30 Sailing 2.00 Golf Special 3.00 Show Jumping 4.00 Close

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6.00 Breakfast. (T) 9.15 Rip Off Britain. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Show Me Show Me. (R) (T) 3.30 CBBC: Tronji. (R) (T) 3.55 The Secret Show. (R) (T) 4.10 Pedro and Franksenstep. (R) (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 Blue Peter. (T) MyWish. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. With time running out for Phil, he and Max put the finishing touches to their scam, unaware that Ian and Masood have rumbled them. Whitney secretly writes Tony a letter. (T) BBC News; Regional News. (T)

8.00 Holly City. The police refuse to listen to Joseph's theory about Archie's death, as Elliot grows concerned by his obsession. Christie reacts badly when Vanessa questions her professionalism. (T) Paradox. A new set of images is beamed into Christian's lab, once more depicting a serious incident set to occur in 18 hours time. As the team debates the consequences of tampering with the future, Rebecca identifies Ben among the bodies in one of the pictures, and is forced to take action to change her colleague's destiny. Tamzin Outhwaite, Emun Elliott and Mark Bonnar star. (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Imagine. Alan Yentob sheds light on the Own Art scheme, which enables people to borrow up to #2,000 interest-free to purchase new pieces of art for their collections. In the five years since its inception, around 12,500 people have signed up, most of whom earn less than the national average income. Yentob meets some of the people who have joined, including a pig farmer, a factory worker and a police officer, who explain how they came to appreciate art and how the project has helped them. (T)

11.25 Film 2009 with Jonathan Ross. The presenter reviews sci-fi thriller The Box, based on Richard Matheson's short story Button, Button, and horror sequel The Descent Part 2. (T)

11.55 The Graham Norton Show. With Stephen Fry, Bill Bailey, Annie Lennox and David Gray. (R) (T) Weatherview. (T)

12.45 Sign Zone: See Hear. (R) (T) 1.15 Sign Zone: Saving Britain's Past. (R) (T) 1.45 Sign Zone: Natural World. (R) (T) 2.35 Sign Zone: Jimmy's Food Factory. (R) (T) 3.05 Sign Zone: Caribbean Food Made Easy. (R) (T) 3.35 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mamma Mirabelle's Home Movies. (R) (T) 6.55 Pingu. 7.00 CBBC: Martha Speaks. (T) 7.15 Martha Speaks. (R) (T) 7.25 Newsround. (T) 7.30 Ed and Ocho's Excellent Inventions. (R) (T) 8.00 Wait for It! (R) (T) 8.30 CBeebies: Pingu. (R) 8.35 Pingu. (R) 8.45 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Yokoi Jakamoko! Totol (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: BBC Primary Arabic. (T) 11.20 Look and Read. (T) 11.40 Look and Read. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Open House. (R) (T) 2.15 Animal Park: Wild in Africa. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Ray Mears' Northern Wilderness. The traditions of the west coast of Canada. Last in the series. (R) (T) 8.00 A History of Scotland. Archaeologist Neil Oliver explores the events that led to the formation of Great Britain in 1707, and examines the efforts of the exiled Stuarts to reclaim their country. (T)

9.00 **Delia's Classic Christmas.** Delia Smith revisits some of her most memorable festive recipes. (T) 10.00 Grumpy Old Women. Celebrities complain about the lack of time in their lives. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Berlin. (R) (T) 12.20 BBC News. (T) 3.35 Close.

Pick of the Day

Delia's Classic Christmas, BBC2, 9pm

Delia Smith's Christmas special is as much of a festive fixture as turkey and cranberry sauce, right? Actually, you couldn't be more wrong. The doyenne of TV chefs hasn't shot a seasonal programme since — wait for it — 1990. Yes, you may be shocked by that, but it happens to be true. A BBC spokeswoman says: "Delia is a firm believer that the festive period of cooking and feasting should be cherished, not feared. But in a season that can be fraught with panic, Delia is here to allay our worries." Well, thank goodness for that. So, after watching this programme, we should all be brimming with confidence about December 25th's main meal. We'll no doubt all be tucking into turkey with all the trimmings, a traditional Christmas pudding, chocolate and sour cherry crumble, as well as cranberry and orange relish, scallops in the shell and an indulgent panettone trifle. Those are the culinary delights on Delia's menu, and if she's taken the trouble to demonstrate how to prepare perfect examples of them, surely it would be rude to prepare anything else?

C4

6.10 Planet Cook. (R) (T) 6.35 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Friends. (R) (T) 10.00 Friends. (R) (T) 10.30 The Big Bang Theory. (R) (T) 11.00 Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 Celebrity Life Skills. (R) (T) 12.40 Wife Swap USA. (T) 1.35 FILM: Carry On Doctor (1967). British hospital comedy, starring Frankie Howerd. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder. Turner Prize - The Artists 2009. This year's finalists shed light on exhibitions in the show. (T) 8.00 Country House Rescue. Revisiting the owners of Black Clauchrie in Scotland. Last in the series. (T) 9.00 The Queen. Margaret Thatcher comes into conflict with the Queen by refusing to impose sanctions against the apartheid regime of South Africa. Continues tomorrow. (T) 10.00 Gordon Ramsay's F Word. Spanish restaurants El Gato Negro and Lola Rojo compete. (T) 11.05 Cast Offs. (T) 12.10 Bullrun. (T) 12.45 European Poker Tour. 1.45 World Sport. (R) (T) 2.10 Ocean Race. (R) (T) 3.00 The Dead Zone. (R) (T) 3.45 King of the Hill. (R) (T) 4.10 Beauty & the Geek. (R) (T) 4.55 St Elsewhere. (R) 5.45 The Hoobs. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Roobarb and Custard Too. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Animal Families. (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Milkshake! Music Box. (R) (T) 9.00 Little Lodgers. (R) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Medical Investigation. (R) (T) 12.35 Five News. (T) 12.50 Floyd's India. (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.45 FILM: Alone (1997). Drama, starring Hume Cronyn. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Monkey Life. Ben the chimp has a nasty foot wound. (R) (T) 7.30 Five News Update. (T) 8.00 Sea Patrol UK. A fishing boat nets a World War Two bomb. (T) 8.00 Five News at 9.00 CSI: Miami. A man is killed by a homemade hand grenade while celebrating his birthday at a restaurant - but investigations reveal he may not have been the intended target. (T) 10.00 CSI: NY. Macreopens inquiries into the death of a cyclist. (R) (T) Five News Update. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 The FBI Files. (R) (T) 12.55 SuperCasino. 3.00 V8 Supercars. 3.50 European Seniors Tour Golf. 4.40 Boxing Club. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamadas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 30 Minutos 2130 Jogo Duplo 2200 Telerural 2300 Serviço de Saúde 0030 Film 0245 Terminator: The Sarah Connor Chronicles, series 0330 Amor e Inútil 0430 Telesales 0605 Nôs

RTP2

0715 Zig Zag 1400 Film 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Grey's Anatomy, series 2330 Bairro Alto 0030 5 Para A Meia Noite 0130 Film 0330 Câmara Clara 0400 Discovery Hour 0530 Euronews

SIC

0600 SIC Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nôs Por Cá 2000 News 2200 Cenas do Casamento 2300 Viva a Vida 0030 NCIS, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca

TVI

0700 Diário Da Manhã 1015 Você na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0030 Nick of Time, film 0230 Sempre a Somar 0400 Heróis, series 0530 Telesales

BBC3

7.00 Doctor Who 7.50 Chipmunk & Tinchy Stryder at 1Xtra Live 8.00 Mad About the House 9.00 Young Hairdresser of the Year 10.00 EastEnders 10.30 Don't Get Screwed 11.00 Family Guy 11.20 Family Guy 11.45 Young Hairdresser of the Year 12.45 Mad About the House 1.45 The Noughties - was it that? 2.45 Britain's Most Embarrassing Parents 3.40 Mad About the House 4.40 Don't Get Screwed 5.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Talking Landscapes 8.00 Life 9.00 Storyville: Simon Mann's African Coup - Black Beach 10.00 We Need Answers 10.30 Ghosts in the Machine 11.30 Whistle and I'll Come to You 'n' Roll 1.15 Johnny Cash on TV: Rock 'n' Roll 1.15 Johnny Cash on TV: Country Gold 2.15 Storyville: Simon Mann's African Coup - Black Beach 3.15 Ghosts in the Machine 4.15 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Gossip Girl 8.00 Grimefighters 8.30 Grimefighters 9.00 Trinity 10.00 I'm a Celebrity Get Me Out of Here Now! 11.00

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Sky Movies Drama

6.00 Cleaverville 12 (2007) 7.30 The Astronaut Farmer PG (2006) 9.20 Eye of the Dolphin PG (2006) 11.10 No Reservations PG (2007) With Catherine Zeta-Jones. 1.00 One True Thing 1.15 (1998) With Renee Zellweger. 3.15 Daylight Robbery 15 (2007) With Geoff Bell. 5.00 A Christmas Wedding PG (2006) With Sarah Paulson. 6.45 Brideshead Revisited 12 (2008) With Matthew Goode. 9.00 Home of the Brave 15 (2006) With Samuel L. Jackson. 10.50 Deception 15 (2008) With Hugh Jackman. 12.40 Do the Right Thing 18 (1989) With Spike Lee. 2.50 Killer: A Journal of Murder 18 (1995) With James Woods. 4.30 Deep Family Secrets PG (1997)

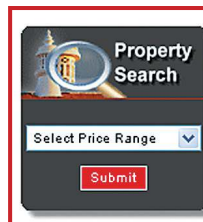
Sky Movies Comedy

6.00 Paperback Hero 15 (1998) 7.40 Hot Rod 12 (2007) 9.15 Surf's Up PG (2007) 10.45 The Heartbreak Kid 15 (2007) 12.45 Meet the Parents 12 (2000) With Robert De Niro. 2.40 Broadcast News 15 (1987) With Holly Hunter.

4.55 Sixteen Candles 15 (1985) With Molly Ringwald. 6.30 Surf's Up PG (2007) With Jeff Bridges. 8.00 Meet the Parents 12 (2000) With Robert De Niro. 10.00 Broadcast News 15 (1987) With Holly Hunter. 12.15 The Heartbreak Kid 15 (2007) With Ben Stiller. 2.15 Hot Rod 12 (2007) With Andy Samberg. 3.50 Sixteen Candles 15 (1985) 5.30 CodeName: The Cleaner PG (2007)

Sky Movies Action/Thriller

7.00 Tombstone 15 (1993) 9.15 National Treasure: Book of Secrets PG (2007) 11.25 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 1.35 Tombstone 15 (1993) With Kurt Russell. 3.50 Predator 2 18 (1990) With Danny Glover. 5.50 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 8.00 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 10.10 Sudden Death 18 (1995) With Jean-Claude Van Damme. 12.15 Pale Rider 15 (1985) With Clint Eastwood. 2.25 Mulholland Falls 18 (1995) With Nick Nolte. 4.25 The Return of the Musketeers PG (1989)

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Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Netbusters 9.30 SPL Round-Up 10.00 Football League 11.30 Soccer AM: The Best Bits 12.30 SPL Round-Up 1.00 Football League 2.30 Soccer AM: The Best Bits 3.30 Netbusters 4.00 Football League 5.30 Football Asia 6.00 A-League 6.30 Revista De La Liga 7.30 Soccer Special 10.00 Revista De La Liga 11.00 Football Asia 11.30 A-League 12.00 Carling Cup Football 1.30 Revista De La Liga 2.30 Carling Cup Football 4.00 Live Test Cricket. India v Sri Lanka.

Sky Sports 2

6.00 Aerobics Op Style 6.30 Powder 8.00 Good Morning Sports Fans 9.00 Golf Special 9.30 Sailing 9.30 Wild Spirits 10.00 Poker 12.00 Golf Special 1.00 London Night Jump 2.00 Sailing 2.30 Poker 4.30 Sailing 5.00 Golf Special 6.00 Powder 6.30 European Seniors Tour Golf 7.30 Live Carling Cup Football. Manchester United v Tottenham Hotspur (Kick-off 8.00pm). 10.15 Poker Million 11.45 Sailing 12.15 European Seniors Tour Golf 1.15 Asian Tour Golf 2.15 Poker Million 3.45 Close

Sky Sports 3

9.00 Show Jumping 10.00 London Night Jump 11.00 Racing News 11.30 Aerobics Op Style 12.00 Archipelago Raid 12.30 Wild Spirits 1.00 Show Jumping 2.00 Powder 2.30 Wild Spirits 3.00 Golf Special 4.00 Show Jumping 5.00 WWE: Smackdown 7.00

Archipelago Raid 7.30 Live Greyhound Racing. Coverage of a prestigious meeting. 10.00 Sports Unlimited 11.00 Pool 12.00 Bowls 2.00 Close

British Eurosport

7.30 WATTS 7.45 F1: The Factory 8.30 Eurogals 9.15 Champions Club 9.45 Cross-Country Skiing 10.45 Cross-Country Skiing 11.45 Ski Jumping 12.40 Alpine Skiing 1.45 Eurogals 2.30 Champions Club 4.00 Live Table Tennis. The European Super Cup from St Petersburg. 6.00 Eurogals Flash 6.10 Destination Dakar 6.25 Eurogals 7.10 Boxing 7.45 Boxing 10.00 Freeride Spirit Show 10.20 Eurogals Flash 10.30 Powerboating 11.00 F1: The Factory 11.45 Eurogals 12.30 Close

Sky Sports Xtra

4.00 Powder Adventures 4.30 Aerobics Op Style 5.00 Max Power 6.00 Sports Unlimited 7.00 Pool 8.00 Asian Tour Golf 9.00 Bowls 11.00 Asian Tour Golf 12.00 Max Power 1.00 Powder Adventures 1.30 Archipelago Raid 2.00 Close

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I use it on our yacht



I take it in my car



I take it to the café



I take it to lunch

SPORT

11.00 Ten Pin Bowling 12.00 Polo

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BBC1

6.00 Breakfast. (T) 9.15 Rip Off Britain. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Show Me Show Me. (R) (T) 3.30 CBBC: Tronji. (R) (T) 3.55 Chuckle/Vision. (R) (T) 4.10 Pedro and Franksheep. (R) (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 The Sarah Jane Adventures. (R) (T) 5.00 Newsworld. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. An exhausted Masood heads for disaster when he gets behind the wheel of his taxi, while Phil swallows his pride to ensure his family's safety and goes to Ian for a loan. Max tries to cut Bradley's mother as he faces more unpaid bills, and Whitney's advice lands Tiffany in trouble; (T) BBC News; Regional News. (T)

8.00 Bang Goes the Theory: The Human Power Station. The team from Bang Goes the Theory hosts a special event demonstrating how much electricity people use without even thinking about it. Members of an unsuspecting family go about their normal Sunday routine, while their house is run for an entire day solely through human pedal power. (T)

9.00 Gavin & Stacey. Dave is unhappy about Nessa's plan to let Smithy see the baby, while Stacey ensures Gavin sticks to his promise as she tries to find a new job. Meanwhile, Dawn and Pete join Pam and Mick for a beer and curry night. Comedy, starring Joanna Page and Matthew Horne. (T)

9.30 QI. Sandi Toksvig, Bill Bailey, Sean Look and John Hodgson join Stephen Fry and regular Alan Davies to answer questions about animals starting with the letter G, with points awarded for the most interesting or amusing responses. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 This Week; (T) Sking Weather. (T)

12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Life. (R) (T) 1.55 Sign Zone: Countryfile. (R) (T) 2.50 Sign Zone: Ray Marks' Northern Wilderness. (R) (T) 3.50 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Pingu. 7.00 CBBC: Martha Speaks. (R) (T) 7.15 Martha Speaks. (R) (T) 7.25 Newsworld. (T) 7.30 Ed and Ocho's Excellent Inventions. (R) (T) 8.00 Wait for It! (R) (T) 8.30 CBeebies: Pingu. (R) 8.35 Pingu. (R) 8.45 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Yoko! Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Emotional Literacy. (T) 11.10 BBC Primary Geography. (T) 11.20 KS1 Science Clips. (T) 11.30 Barnaby Bear. (T) 11.45 BBC Primary Geography. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (R) 1.00 All Saints. (T) 1.45 Open House. (R) (T) 2.15 Animal Park: Wild in Africa. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 The Culture Show. Andrew Graham-Dixon selects his favourite pieces from the new medieval and Renaissance galleries at London's Victoria and Albert Museum, and Josie Long examines online comedy. (T) 8.00 The Restaurant. The remaining couples host a singles night. (T) 9.00 Natural World. The wildlife of the Scottish Highlands. (T) 9.50 Wonderland - The Trouble with Mother. The relationship between a man and his elderly mother. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 The Culture Show. (R) (T) 12.20 BBC News. (T) 3.50 Close.

Pick of the Day

River Cottage, CH4, 8pm

When he's not urging us to take our chickens on holiday before we eat them and getting in a strop about Sainsbury's, Hugh Fearnley-Whittingstall likes to remind us he's a chef. He's a rather good one at that, and while his scripts sound like they've been written by somebody holding the Bumper Book of Puns, his programmes are never less than informative and entertaining - even if the chances of us following his example are rather slim. After all, would you wade into a bog to find your supper? Still, he has plenty of useful tricks and tips. With Christmas around the corner, Hugh has a plan. Instead of giving shop-bought boxes of chocolate goodies this Christmas, he decides to make his own, conjuring up a tray of lip-smacking chocolate brownies that take ten minutes to prepare and two minutes to wrap. Hugh's slaughtered steer has now been hanging for a month. Butcher Ray Smith and Hugh set to work extracting cuts for a party Hugh is throwing. The pair can't resist making beefy canapés of biltong and pastrami. Hugh's valiant attempts to get wild rabbits back onto the British menu continues as he targets the notoriously awkward teenage demographic. Armed with deep fried rabbit legs, a mayonnaise dip and hot rabbit buns he heads to an Exeter nightclub. Hugh also hunts for the blewit mushroom as well as trying to catch herring for the first time.

C4

6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Frasier. (R) (T) 8.30 Frasier. (R) 9.00 Will & Grace. (R) (T) 9.30 Friends. (R) (T) 10.00 Friends. (R) (T) 10.30 The Big Bang Theory. (R) (T) 11.00 Ugly Betty. (R) (T) 12.00 News at Noon. 12.30 Wife Swap USA. (R) (T) 1.25 FILM: Flat Race (2001). Comedy, starring Rowan Atkinson. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Turner Prize - The Artists 2009. Short film made in collaboration with the finalists. Last in the series. (T) 8.00 River Cottage. Hugh Fearnley-Whittingstall prepares for Christmas. Last in the series. (T) 9.00 The Queen. Diana Quirk portrays the Queen as she confronts a personal and constitutional challenge - Prince Charles's desire to marry Camilla Parker Bowles. Last in the series. (T) 10.00 Alan Carr: Chatty Man. Actress Kate Hudson and Sharon Osbourne join the comedian on the sofa, along with Lily Allen, who performs her latest single Who'd Have Known. (T) 10.50 Without a Trace. (T) 11.45 FILM: The Page Turner (2006). Premiere. French thriller, starring Catherine Frot. 1.25 FILM: Black Widow (1987). Thriller, starring Debra Winger and Theresa Russell. (T) 3.10 Dispatches: Lords, Billionaires and the Russian Connection. (R) (T) 4.05 Unreported World. (R) (T) 4.30 Switched. (R) (T) 4.55 St Elsewhere. (R) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Roobarb and Custard Too. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Animal Families. (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Milkshake! Music Box. (R) (T) 9.00 Little Lodgers. (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Medical Investigation. (R) (T) 12.35 Five News. (T) 12.50 Floyd's India. (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.45 Animal Rescue Squad. (R) (T) 3.00 Haven. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Live UEFA Europa League Football. Fulham v CSKA Sofia (Kick-off 8.05pm). Colin Murray is joined by Pat Nevin and Stan Collymore to present coverage of the Group E encounter at Craven Cottage. (T) 10.10 FILM: The Green Mile (1999). A prison guard amazed by the healing power and gentleness of a child-killer on death row comes to doubt his guilt. Supernatural drama, with Tom Hanks. (T) 1.40 Sportscasino. 4.00 NFL Replay. (R) 4.45 HouseBusters. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight: Weather. (T)

6.30 ITV News and Weather. (T)

7.00 Emmerdale. Sally convinces Ashley that Laurel needs therapy, so he arranges a counsellor to visit. Katie discovers Maisie is responsible for a missing horse at the stables. (T)

7.30 River Monsters. Biologist and extreme angler Jeremy Wade travels to Germany where he investigates tales of a beast that has been on the prowl in European waters for the past 700 years. His investigations take him to Spain where he discovers first-hand that as a consequence of a science experiment gone wrong, the Welsh catfish is growing to man-eating proportions capable of the grisly tales depicted in medieval records. (T)

8.00 Coronation Street. Lianne is furious with Peter after he refuses an offer of financial help from George, while Becky vows to show Steve who is boss when she learns he is still playing golf with Dev. (T)

8.30 I'm a Celebrity Get Me Out of Here! With just one more day until the final, Ant and Dec announce the results of the public vote to reveal which of the remaining contestants will be falling at the last hurdle. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Martin Clunes: Islands of Britain. The actor continues his journey around the shores of Britain, exploring land off the coasts of England, Scotland and Northern Ireland, including the Isle of Man, Piel, Islay and Rathlin. Along the way, Martin attends the coronation of a self-styled island king and queen, and the auditions for a bagpipe band. He also speaks to Britain's most isolated islander, who only has sheep for company. (R) (T)

11.35 October Road. Nick and Hannah bond while waiting for the outcome of Sam's surgery, while Ikey and Alison come to an agreement about their secret relationship. (T)

12.30 Motorsport UK. (T) 1.15 The Cosby Mysteries; (R) (T) ITV News Headlines. 2.05 Loose Women. (R) (T) 2.55 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sanguê do Meu Sanguê 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Grande Entrevista 2140 Um Lugar Para Viver 2230 Jogo Duplo 2330 Corredor do Póder 0300 Quarto Crescente 0130 Terminator: The Sarah Connor Chronicles, series 0215 Amor e Intrigas 0400 Teleseles 0605 Nôs

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 Nacional Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 2000 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Supernatural, series 2330 Documentary 0305 Para a Minha Noite 0130 Iniciativa 0215 Discovery Hour 0315 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nôs Por Cá 2000 News 2200 Cenas do Casamento 2300 Viver a Vida 0030 NCIS, series 0130 Criminal Minds, series 0215 Cartaz Cultural 0245 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2200 Deixa Que Te Leve 2330 Sentimentos 0045 The Starter Wife, series 0200 Cartaz das Artes 0230 Sempre a Somar 0400 Heroes, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Dizzee Rascal at iXtra Live 8.00 Calum Best: Brought Up By Booze - A Children in Need Special 9.00 The World's Strictest Parents 10.00 EastEnders 10.30 Russell Howard's Good News 11.00 Family Guy 11.20 Family Guy 11.45 Gavin & Stacey 12.15 The World's Strictest Parents 1.15 Russell Howard's Good News 1.45 the noughties - was that it? 2.45 Young Mechanic of the Year 3.45 Gavin & Stacey 4.15 the noughties - was that it? 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Return to Pembrokeshire Farm 8.00 Nicholas Crane's Britannia: The Great Elizabethan Journey 9.00 A History of Christianity 10.00 Margot 11.25 The Thick of It 11.55 The Armstrong & Miller Show 12.25 A History of Christianity 1.25 Margot 2.55 A History of Christianity 3.55 Return to Pembrokeshire Farm 4.25 Close

ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Judge Judy 6.45 Beat the Star 8.00 Grimefighters 8.30 Grimefighters 9.00 Animals Do the Funniest Things 10.00 I'm a Celebrity Get Me Out of Here! Now! 11.00 Film: Wimbledon 12 (2004) 1.05 Coronation Street 1.35 Emmerdale 2.00 Teleshopping 3.00 Ricki Lake 3.40 Teleshopping 5.40 ITV2 Nightscreen

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MOVIES

Sky Movies Drama

6.00 The Top 10 Show 6.20 Sweet Nothing in My Ear PG (2008) 8.00 The Legend of 1900 15 (1998) 10.10 And Justice for All 18 (1979) 12.15 The Movie Geek 12.45 Schindler's List 15 (1993) With Liam Neeson. 4.00 35MM 4.30 I Could Never Be Your Woman 12 (2007) With Michelle Pfeiffer. 6.15 Lions for Lambs 15 (2007) With Robert Redford. 8.00 PS I Love You 12 (2007) With Hilary Swank. 10.10 We Own the Night 15 (2007) With Joaquin Phoenix. 12.15 The Brave One 18 (2007) With Jodie Foster. 2.25 Blue Collar 18 (1978) With Richard Pryor. 4.30 Loss of Faith PG (1997)

Sky Movies Comedy

6.30 35MM 7.00 Welcome Home Roscoe Jenkins 12 (2008) 9.00 Death Becomes Her PG (1992) 10.50 Space Cowboys PG (2000) 1.05 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 2.50 Semi-Blue 15 (2008) With Will Ferrell. 4.30 Blue



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SPORT

Sky Sports 1

6.00 Live Test Cricket. India v Sri Lanka. 11.30 Khan v Salita Countdown 12.00 Carling Cup Football 1.30 Khan v Salita Countdown 2.00 Transworld Sport 3.00 FIFA Futbol Mundial 3.00 Khan v Salita Countdown 4.00 Test Cricket 6.00 The Rugby Club 7.00 Khan v Salita Countdown 7.30 Carling Cup Football Special 9.00 Khan v Salita Countdown 9.30 Premier League World 10.00 Time of Our Lives 10.55 Khan v Salita Countdown 11.25 Live Test Cricket. Australia v West Indies.

Sky Sports 2

6.00 Live Golf. The Australian Open. 9.00 Live Golf. The Nedbank Challenge. 3.00 Total Rugby 3.30 ATP Tour Uncovered 4.00 Carling Cup Football 5.30 FIFA Futbol Mundial 6.00 Powder Adventures 6.30 ATP Tour Uncovered 7.00 Premier League World 7.30 Golf Night 10.00 European Tour Golf 11.00 Carling Cup Football 12.30 Khan v Salita Countdown 1.00 NFL Live. Buffalo Bills v New York Jets (Kick-off 1.20am). 4.30 Khan v Salita Countdown 5.30 Close

Sky Sports 3

6.00 Good Morning Sports Fans 9.00 Khan v Salita Countdown 9.30 Carling Cup Football 11.00 Racing News 11.30 Aerobics O Style 12.00 Watersports World 1.00 Powderboating 2.00 Powder Adventures 2.30 Canter Bunter 3.00 Watersports World 4.00 Ten Pin Bowling 5.00 WWE Vintage Collection 6.00 The Dogs 6.30 Powderboating 7.00 Polo 8.00 The Rugby Club 9.00 Poker Million 11.00 WWE: Late Night - Raw 1.00

Extreme Championship Wrestling 2.00 Poker Million 4.00 Powerboating 4.30 The Dogs 5.00 Close

British Eurosport

7.30 Olympic Magazine 8.00 Polo Skating 8.30 F1: The Factory 9.30 Race of Champions 10.15 Biathlon 11.45 Alpine Skiing 12.45 Figure Skating 2.30 Biathlon 4.00 Live Biathlon. The World Cup meeting from Östersund, Sweden. 6.00 Eurogals Flash 6.15 Strongest Man 7.00 Fight Club 10.00 F1: The Factory 11.00 Drag Racing 11.30 Motorcycling 12.30 Close

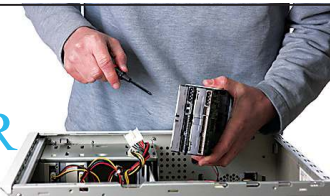
Sky Sports Xtra

6.00 Total Rugby 6.30 Canter Bunter 7.00 Powerboating 8.00 Polo 9.00 Powder Adventures 9.30 Total Rugby 10.00 Summer Speed Motorsport 11.00 Transworld Sport 12.00 Canter Bunter 12.30 Powder Adventures 1.00 Total Rugby 1.30 Polo 2.30 Aerobics O Style 3.30 Summer Speed Motorsport 4.00 Powder Adventures 4.30 Aerobics O Style 5.00 Watersports World 6.00 Show Jumping 7.00 Race World 8.00 Test Cricket 10.00 The Rugby Club 11.00 Powder Adventures 11.30 ATP Tour Uncovered 12.00 Show Jumping 1.00 Polo 2.00 Golf Night 4.30 European Tour Golf 5.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Rip Off Britain. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Show Me Show Me. (R) (T) 3.30 CBBC: Tronji. (R) (T) 3.55 ChuckleVision. (R) (T) 4.10 Pedro and Franksheep. (R) (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 The Sarah Jane Adventures. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present; (T) BBC News; Regional News. (T) EastEnders. Masood's car accident makes Syd re-evaluate his relationship with Christian as Bradley's mother Rachel remains critical in hospital. Archie tries to persuade Ian to sell Phil's debt to him, knowing it will get him closer to the Vic, while Ryan's betrayal forces Whitney to confront her feelings for Tony. (T)

8.00 A Question of Sport. New Leicestershire cricket captain Matthew Hoggard, gymnast Daniel Keatings, snooker player Matthew Stevens and Manchester City goalkeeper Shay Given join team captains Phil Tufnell and Matt Dawson for another round of the quickfire quiz. Presented by Sue Barker. (T) 9.00 Have I Got News for You. Jo Brand chairs the quiz, and team captains Ian Hislop and Paul Merton are joined by Charles Kennedy MP and comedian Jon Richardson. (T) 9.30 Live at the Apollo. New series. Jason Manford hosts the comedy show from the Hammersmith Apollo, and introduces funnyman Michael McIntyre to centre stage. (T) 10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Friday Night with Jonathan Ross. The host is joined by actresses Reese Witherspoon, the Oscar-winning star of Walk the Line, Legally Blonde and a lead voice in animated adventure Monsters vs Aliens, and Italian Academy Award-winner Sophia Loren. He also welcomes chef Gordon Ramsay and comedian Russell Howard to the show. Music is provided by Them Crooked Vultures, a supergroup made up of Dave Grohl (Foo Fighters), Josh Homme (Queens of the Stone Age) and John Paul Jones (Led Zeppelin). (T)

11.35 The National Lottery EuroMillions Draw. Carole Machin presents the draw. (T) 11.45 FILM: The Jackal (1997). Thriller, starring Bruce Willis; (T) Weatherwise. (T) 1.45 Sign Zone: The Marchioness: A Survivor's Story. (R) (T) 2.45 Sign Zone: Richard Wilson - Two Feet in the Grave. (R) (T) 3.45 Sign Zone: Make Me White. (R) (T) 4.25 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mamma Mirabelle's Home Movies. (R) (T) 6.55 Pingu. 7.00 CBBC: Martha Speaks. (R) (T) 7.15 Martha Speaks. (R) (T) 7.25 Newsround. (T) 7.30 Ed and Ocho's Excellent Inventions. (R) (T) 8.00 Wait for It! (R) (T) 8.30 CBeebies: Pingu. (R) 8.35 Pingu. (R) 8.45 Pinky Dinky Do. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Yokel Jakamok! Totol (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Primary Class Clips. (T) 11.15 KS1 Science Clips. (T) 11.25 Something Special. (T) 11.40 The LAB Serves Up Food. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Open House. (R) (T) 2.15 Animal Park. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Ready Steady Cook. (T) 5.15 FIFA World Cup 2010: The Draw. (T) 6.35 Strictly Come Dancing - It Takes Two. (T) 7.00 Andrew Marr's The Making of Modern Britain. Britain's role in World War Two. Last in the series. (R) (T) 8.00 Gardeners' World Special: The League of Extraordinary Gentlemen. The founding of the Royal Horticultural Society in 1804. (T) 9.00 We Are Family. The Deebles from Port Talbot, South Wales, reunite after nearly four decades to share memories of their childhoods, which were dominated by a surrogate mother. (T) 10.00 Beautiful People. The Doonans prepare for their first holiday abroad. (T) 10.20 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 FILM: The History Boys (2006). British comedy drama, starring Richard Griffiths. (T) 1.25 Medium. (R) (T) 2.10 Medium. (R) (T) 2.50 Close.

Pick of the Day

Russell Watson - Return of the Voice: Tonight, ITV1 8pm

Eighteen months ago, Sir Trevor MacDonald interviewed Russell Watson just weeks after he completed gruelling radiotherapy treatment for a pituitary tumour. Now, Sir Trevor and Russell meet again to discuss how he has been coping since his operation and radiotherapy. Visibly stronger and having sealed a new record deal, Russell is riding high. The programme follows Russell as he looks to the future and visits Sony Records to sign his new deal. The singer has recently completed a tour and a vocal practice session at his Cheshire home reveals how his voice has improved dramatically since the removal of the growth. However, the day-to-day reality of having to take medication has been hard for Russell to come to terms with. He attends a regular appointment with his consultant to discuss how he is coping with the constant adjustments to his medication and the highs and lows he suffers. Trevor also speaks to Russell's specialist Dr Tara Kearney, who reveals that Russell's pituitary failure means he no longer produces the hormone cortisol. The consequences of this can be fatal and Russell must take a medicated replacement three times a day to lessen the risk of a heart attack in the face of stressful situations.

C4

6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Friends. (R) (T) 10.00 Friends. (R) (T) 10.30 The Big Bang Theory. (R) (T) 11.00 Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 Wife Swap USA. (T) 1.25 Film: One of Our Aircraft Is Missing (1942). World War Two drama, starring Godfrey Tearle. (T) (bw) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 Into That Good Night. Terminally ill people discuss illness and mortality. (T) 8.00 Jamie at Home. Chef Jamie Oliver prepares simple recipes using tomatoes and demonstrates how even the tiniest balcony or backyard can be used to grow fruit and vegetables. (R) (T) 8.30 Jamie at Home. The chef creates a selection of dishes with the bumper crop of courgettes he has grown in his garden, including a salad and a recipe that uses the flowers of the vegetable. (R) (T) 9.00 Waking the Baby Mammoth. The 2007 discovery of a preserved mammoth in Siberia. (T) 10.35 Comedy Showcase: The Amazing Dermot. (T) 11.10 The IT Crowd. (R) (T) 11.45 True Blood. (R) (T) 12.55 Music: 4Play. Mumford and Sons. (T) 1.10 Friends. (R) (T) 1.45 Friends. (R) (T) 2.15 FILM: Neil Young: Heart of Gold (2006). Premiere. The country-rock pioneer in concert. 3.55 Beach Volleyball. (T) 4.55 Switched. (R) (T) 5.20 St Elsewhere. (R)

FIVE

6.00 Milkshake! Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Roobarb and Custard Too. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Animal Families. (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Milkshake! Music Box. (R) (T) 9.00 Little Lodgers. (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Medical Investigation. (R) (T) 12.35 Five News. (T) 12.50 Floyd Uncovered. (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Zoo Days. (R) (T) 3.00 Haven. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 The What in the World? Quiz. Science-based panel show, hosted by Marcus Brigstocke. (T) 7.30 Five News Update. (T) 8.00 Axe Men. Conner Aviation begins its hell-living season. (T) 8.00 Five News at 9. 9.00 NCIS. A Marine is shot dead, and later proves to have been leading a double life. As Jethro and the team investigate, they uncover a case of identity theft. (R) (T) 10.00 Law & Order: Special Victims Unit. Benson is implicated in a murder. (R) (T) 11.00 FlashForward. (R) (T) 12.00 SuperCasino. 4.00 Big Ideas That Changed the World. (R) (T) 4.45 HouseBusters. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV News and Weather. (T)

7.00 Emmerdale. Laurel is pleased when Ashley informs her that Sally has moved out, but her joy is short-lived when she discovers she has only relocated to Edna's house. Natasha is furious when she finds out about the missing house, but Maisie seems reluctant to own up to her guilt. Pollard gives David some words of advice regarding his still-tense relationship with Leyla. (T)

7.30 Coronation Street. Kevin realises how much his affair has taken over his life and tells Molly he is not ready to end his marriage. Ken inadvertently pushes Peter into accepting George's offer. Anna pleads with Gary to reconsider his Army plans, and Dev is intrigued when a business acquaintance seems to avoid him during a round of golf. (T)

8.00 Russell Watson - Return of the Voice: Tonight. (T)

8.30 I'm a Celebrity Get Me Out of Here! After almost three gruelling weeks in the steamy, insect-ridden camp in the wilds of Australia, the remaining celebrities have made it to the final of the jungle challenge. If previous years are anything to go by, they will face one last Bush Tucker Trial before the viewer vote decides who will be crowned King or Queen of the Jungle, following in the footsteps of reigning jungle monarch Joe Swash. Ant and Dec present action from the last day, before chatting to this year's winner and runners-up. Last in the series. (T)

10.30 ITV News and Weather. (T)

11.00 London News and Weather. (T)

11.05 FILM: Must Love Dogs (2005). Premiere. Romantic drama, starring Diane Lane and John Cusack. (T)

12.55 FILM: The Testimony of Taliesin Jones (2000). Drama, starring John-Paul Macleod. (T) ITV News Headlines. 2.30 Nightwatch with Steve Scott. Action. (T) 3.20 ITV Nightscreen.

(R) -repeat programme;
(T) -programme with teletext subtitles;
(S) -programme broadcast in stereo;
(bw) -black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Prego Certo 2000 News 2100 Antes Pelos 2011 2115 Palha de Força 2215 Família, Família 2345 TBA 0115 Film 0315 Amor e Intrigas 0400 Teleales

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 Afé dos Homens 1900 Almas e Gente 2000 Zig Zag 2045 Two e a Half Men. series 2115 National Geographic 2200 News 2240 Mad Men. series 2330 Diga Lá Excelência 0030 5 Para a Mela Noite 0130 Pálcos 0300 Bastiões 0330 EuroNews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2200 Cenas do Casamento 2300 Viver a Vida 0030 NCIS, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca

TVI
0700 Diário Da Manhã 1015 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 EuroMillions 2145 Meu Amor 2245 Deixa Que Te Leve 2345 Sentimentos 0045 House of Flying Daggers, film 0230 Sempre a Somar 0400 Heroes, series 0530 Teleales

Best of the Rest

BBC3
7.00 Top Gear 8.00 Merlin 8.45 Merlin Secrets and Magic 9.00 Spoils 10.00 EastEnders 10.30 Don't Tell the Bride 11.35 Family Guy 11.55 Family Guy 12.20 Russell Howard's Good News 12.50 Little Britain USA 1.15 Little Britain USA 1.45 Mouth to Mouth 2.15 Mouth to Mouth 2.45 Don't Get Screwed 3.15 Don't Tell the Bride 4.15 Russell Howard's Good News 4.45 Don't Get Screwed 5.05 Close 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Transatlantic Sessions 8.00 Film: Romeo and Juliet U (1966) 10.00 Nureyev - From Russia with Love 11.30 We Need Answers 12.00 Only Connect 12.30 The Night James Brown Saved Boston 1.45 BBC Four Sessions 2.45 Transatlantic Sessions 3.15 We Need Answers 3.45 Only Connect 4.15 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Judge Judy 5.40 The X Factor 7.30 The X Factor 8.30 Animals Do the Funniest Things 9.25 New Homes from Hell 2009 10.30 I'm a Celebrity Get Me Out of Here Now! 11.30 Film: Miami Vice 15 (2006) 2.05 Coronation Street 2.35 Emmerdale 3.00 Teleshopping

Sky1
1.00 Project Catwalk 2.00 Angela and Friends 3.30 Sell Me the Answer 4.30 Lion Man 5.00 Futurama 5.30 Futurama 6.00 Cops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Angela and Friends 9.00 Film: X-Men 12 (2000) 11.05 Justin Lee Collins: High Diver 12.05 Road Wars 1.05 Ross Kemp on Gangs 2.00 Journeyman 2.55 Road Wars 3.20

X-Weighted 4.15 So You Think You're Royal? 5.10 Diet Tribe 5.35 Extreme Bodies: Vanity Insanity

GOLD
1.50 The Brittas Empire 2.30 The Thin Blue Line 3.10 First of the Summer Wine 3.50 One Foot in the Grave 4.35 As Time Goes By 5.20 Steptoe and Son 6.00 Only Fools and Horses 7.05 One Foot in the Grave 8.00 After You've Gone 9.00 The Royle Family 9.55 Only Fools and Horses 11.00 Absolutely Fabulous 11.40 Men Behaving Badly 12.20 The Royle Family 1.15 Absolutely Fabulous 1.55 Butterflies 2.30 Men Behaving Badly 3.00 Close

TCM
1.00 Lucky Me! U (1954) 3.00 Selena PG (1997) 5.30 The Good Guys and the Bad Guys PG (1969) 7.15 Ron Howard: 50 Years in Film 9.00 The Lost Boys 15 (1987) 10.55 Scarecrow 18 (1973) 11.10 Stealing Home 15 (1988) 3.00 Teleshopping 5.00 Lucky Me! U (1954)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: A Muppet Christmas: Letters to Santa U (2008) Premiere. Puppet comedy, with Richard Griffiths. 6.00 Film: 'Twas the Night U (2002) Christmas comedy, starring Josh Zuckerman. 9.00 Film: 'Twas the Night U (2002) Christmas comedy, starring Josh Zuckerman.

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MOVIES

Sky Movies Drama

6.15 The Russell Girl 12 (2008) 7.55 Cleaverline 12 (2007) 9.25 Brighton Beach Memoirs 15 (1986) 11.10 The War PG (1994) With Kevin Costner. 1.30 The Hobbit in Wonderland PG (2008) With Elle Fanning. 3.15 Mail Order Bride 12 (2008) With Daphne Zuniga. 4.45 Across the Universe 12 (2008) With Evan Rachel Wood. 7.00 Man of the Year 12 (2006) With Robin Williams. 9.00 When a Man Loves a Woman 15 (1994) With Andy Garcia. 11.10 Sweeney Todd: The Demon Barber of Fleet Street 18 (2008) With Johnny Depp. 1.15 Rumble Fish 18 (1983) With Matt Dillon. 3.00 Cleaverline 12 (2007) With Ever Carradine. 4.30 Gideon PG (1999)

Sky Movies Comedy

7.05 Boomerang 15 (1992) 9.05 Big Stan 15 (2007) 10.55 Brewster's Millions PG (1985) 12.40 How to Lose Friends & Alienate People 15 (2008) With Simon Pegg. 2.35 Bowling 12 (1999) With Steve Martin. 4.15 Boomerang 15 (1992) With Eddie Murphy. 6.15 Brewster's

Millions PG (1985) With Richard Pryor. 8.00 How to Lose Friends & Alienate People 15 (2008) With Simon Pegg. 10.00 Richard Pryor Live on the Sunset Strip 18 (1982) Stand-up from the Hollywood Palladium. 11.25 Big Stan 15 (2007) With Rob Schneider. 1.20 Bowling 12 (1999) With Steve Martin. 2.00 Richard Pryor Live on the Sunset Strip 18 (1982) Stand-up from the Hollywood Palladium. 4.25 Daddy Day Camp PG (2007)

Sky Movies Action/Thriller

6.45 Next of Kin 15 (1989) 8.45 Vantage Point 12 (2008) 10.30 Daylight 12 (1996) 12.35 Demolition Man 15 (1993) With Sylvester Stallone. 2.35 White Sands 15 (1992) With William Dafoe. 4.20 Daylight 12 (1996) With Sylvester Stallone. 6.25 Vantage Point 12 (2008) With Dennis Quaid. 8.00 Demolition Man 15 (1993) With Sylvester Stallone. 10.00 The Glimmer Man 18 (1996) With Steven Seagal. 11.35 Sleepers (1996) With Brad Pitt. 2.05 The Glimmer Man 18 (1996) With Steven Seagal. 3.40 The Corruptor 18 (1999) 5.35 Point Last Seen PG (1998)

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TODAY

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SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v West Indies. 6.30 Live Test Cricket. India v Sri Lanka. 11.30 Khan v Salita Countdown 12.30 Live International Cricket. South Africa v England. 9.00 Live Pzefizeright staging of the tournament. 12.00 Khan v Salita Countdown 12.30 Football League Weekend 1.30 Khan v Salita Countdown 2.00 Pzefizeright Boxing 5.00 Khan v Salita Countdown 5.30 Premier League Preview

Sky Sports 2

6.00 Live Golf. The Australian Open. 9.00 Live Golf. The Nedbank Challenge. 3.00 Carling Cup Football. 4.30 Premier League World 5.00 Khan v Salita Countdown 5.30 World Sport 6.00 Football League Weekend 7.00 Khan v Salita Countdown 7.30 Live Poker Million. The final of the prestigious event in London. 11.00 Premier League Preview 11.30 NFL: Total Access 12.30 NFL 2.30 Premier League Preview 3.00 Football League Weekend 4.00 Premier League Preview 4.30 NFL: Total Access 5.30 World Sport

Sky Sports 3

6.00 Good Morning Sports Fans 9.00 Khan v Salita Countdown 9.30 Carling Cup Football Special 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL 2.00 The Rugby Club 3.00 WWE: Raw 5.00 Elite League Ice Hockey 7.00 Premier League Preview 7.30 Tight Lines 8.30 Khan v Salita Countdown 9.00

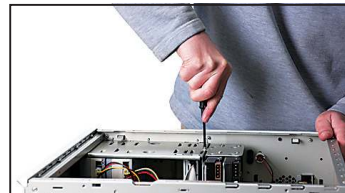
Test Cricket 10.30 International Cricket 11.30 Live Test Cricket. Australia v West Indies.

British Eurosport

7.30 Inside WTCC 8.00 Destination Dakar 8.15 Luge 8.45 Biathlon 9.45 Biathlon 10.45 Ski Jumping 11.45 Alpine Skiing 12.45 Alpine Skiing 1.45 Alpine Skiing 2.45 Alpine Skiing 3.45 Ski Jumping 4.45 Eurogals Weekend 4.55 Wintersports: Breaking the Ice 5.10 Live Ski Jumping. World Cup qualifying from Trondheim. 6.00 Live Alpine Skiing. World Cup coverage from Beaver Creek, USA. 7.15 Wintersports: Breaking the Ice 7.30 Live Alpine Skiing. The women's World Cup downhill from Lake Louise, Canada. 9.00 FIFA World Cup 2010: The Draw 9.15 Live Alpine Skiing. Further World Cup coverage from Beaver Creek, USA. 10.15 Freeride Spirit Show 10.30 Eurogals Weekend 10.45 Destination Dakar 11.00 Powerboating 11.30 Ski Jumping 12.15 Eurogals Weekend 12.30 Close

Sky Sports Xtra

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Raw 9.00 The Rugby Club 10.00 Khan v Salita Countdown 10.30 Show Jumping 11.30 ATP Tour Uncovered 12.00 The Rugby Club 1.00 Show Jumping 2.00 Powder Adventures 2.30 ATP Tour Uncovered 3.00 Live Davis Cup Tennis. Spain v Czech Republic. 8.00 Golf Night 10.30 WWE: Late Night - Smackdown 12.30 WWE: Late Night - Bottom Line 1.30 Tight Lines 2.30 Elite League Ice Hockey 4.30 Powerboating 5.30 Powder Adventures



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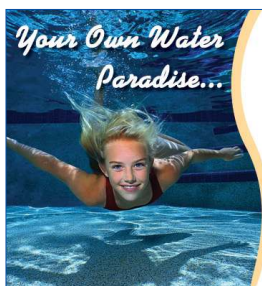


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THE ANIMAL Charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - 962414584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

WANTED: THE Donkey Sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, 962633811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-brac, Books. Open Wed: 2.30-4.30pm Sat: 10.30am-12.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently. Christmas Cards in English.

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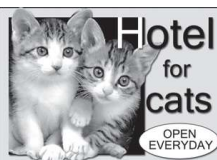
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LOST DOG named Kera.
Kera became lost in the
Albufeira/Guia region of
the Algarve on the 22nd
of October 2009. Kera's is
a medium sized female
dog. Kera's colour is black
with white and silver, and
has distinctive tan mark-
ings on her chest and legs.
Kera is a very friendly and
obedient dog who is eas-
ily scared. Kera was wear-
ing a red collar with
"XOXO" written upon it
and a name tag. Kera is
microchipped and has a
tattoo in her ear. Kera is a
beloved family member.
Our family miss her
greatly, and we are so
deeply saddened after we
brought her here away
from the dangers of liv-
ing in Africa. A tennis ball
is her best friend, and food
is her reward. A reward is
offered for her safe re-
turn to our family. Con-
tact: 910341634 or email
bcej25@hotmail.com."

Santa Catarina & São Brás de Alportel area

MISSINGPODONGO
medium, male, hair very
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head, light grey, left ear
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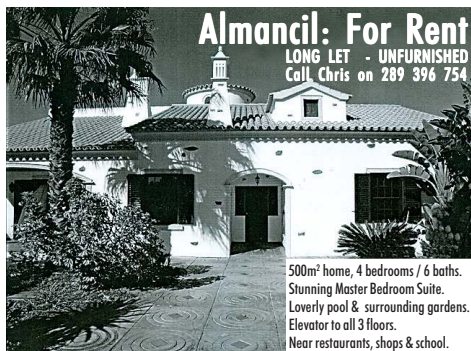
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Benfica out of Portuguese Cup

The Portuguese Cup has almost ended its fourth elimination round, with only one match remaining, between FC Porto and Oliveirense. Benfica were the shock withdrawal of the competition as Vitória de Guimarães managed to beat them by a single goal.

Last year's champions FC Porto are still in the running for the Portuguese Cup, as their match with Oliveirense, a second division team, is the last one remaining in the fourth round. The match was postponed after FC Porto refused to play on Oliveirense's pitch because of its poor condition, despite other team's in the second division being forced to play there and it being approved by the Portuguese Football Federation at the beginning of the season. A date has not yet been set for the final match of the fourth round.

Benfica were kicked out by Vitória de Guimarães in what was a very heated match last weekend, with a total of seven yellow cards and one red being handed out. The 'Reds' suffered a goal halfway



Guimarães players celebrate after beating Benfica at the Luz stadium on 22nd November. (Photo: Lusa / António Cotrim)

through the first half and were not able to recover from the deficit, despite numerous attempts. It was Jorge Jesus' first loss at home all season.

Sporting progressed after beating second division team Pescadores 4-1. The 'Lions' were one goal down at the end

of the first half with their new coach Carlos Carvalhal. They managed to turn the game around in the second half though, and scored four goals, two by Miguel Veloso, one by João Moutinho, and the last by Liedson.

The teams progressing into

the last sixteen are Freamunde, Chaves, Pinhalnense, Belenenses, Mafra, Camacha, Beira-Mar, Paços Ferreira, Aliados de Lordelo, Sporting, Naval 1º de Maio, Nacional da Madeira, Sporting de Braga, Rio Ave, Vitória de Guimarães and either FC Porto or Oliveirense.

Carlsberg League Cup sees Portimonense host FC Porto

The groups draw for the third knockout stage of the Carlsberg League Cup took place on Tuesday, November 24th. All six first teams of the 2008/2009 Liga Sagres season will be playing, as well as the six winners of the second knockout stage.

FC Porto, Sporting, Benfica, Nacional, Braga and Leixões were automatically granted a place in the third knockout stage of the Carlsberg Cup as they were the top 6 of the Liga Sagres in the 2008/2009 season, and they will be joined by Trofense, Rio Ave, Portimonense, Estoril, Vitória Guimarães and União de Leiria, who fought their way into the final knockout stage.

The third knockout stage consists of three groups of four teams, with the top three seeded in the 2008/2009 Liga Sagres playing in different groups, these being FC Porto

(Group A), Sporting (Group B) and Benfica (Group C).

Only the winners of the groups and the best second place will progress into the semi-finals.

Portimonense, who progressed after a not-so-often used average age rule, now face a tough group, playing against FC Porto, Leixões and Estoril. The small Portimonense stadium will most likely be receiving the 'Blues' on January 13th, although it is rumoured the game might move to the Estádio do Algarve in order to receive more spectators.

Group B has Sporting, Braga, Trofense and União de Leiria, whilst Group C consists of Benfica, Nacional, Rio Ave and Vitória de Guimarães.

Benfica must be hoping to reclaim the title this year, especially as they were knocked out of the Portuguese Cup last weekend.

Portugal climbs to 5th in FIFA ranking

Portugal gained fifth spot in FIFA's football world ranking last Friday, moving up five places after its two back-to-back victories over Bosnia to qualify for the

2010 World Cup in South Africa.

Portugal was only outstripped by Spain, Brazil, Holland and Italy in FIFA's latest listing, Lusa News Agency said.



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